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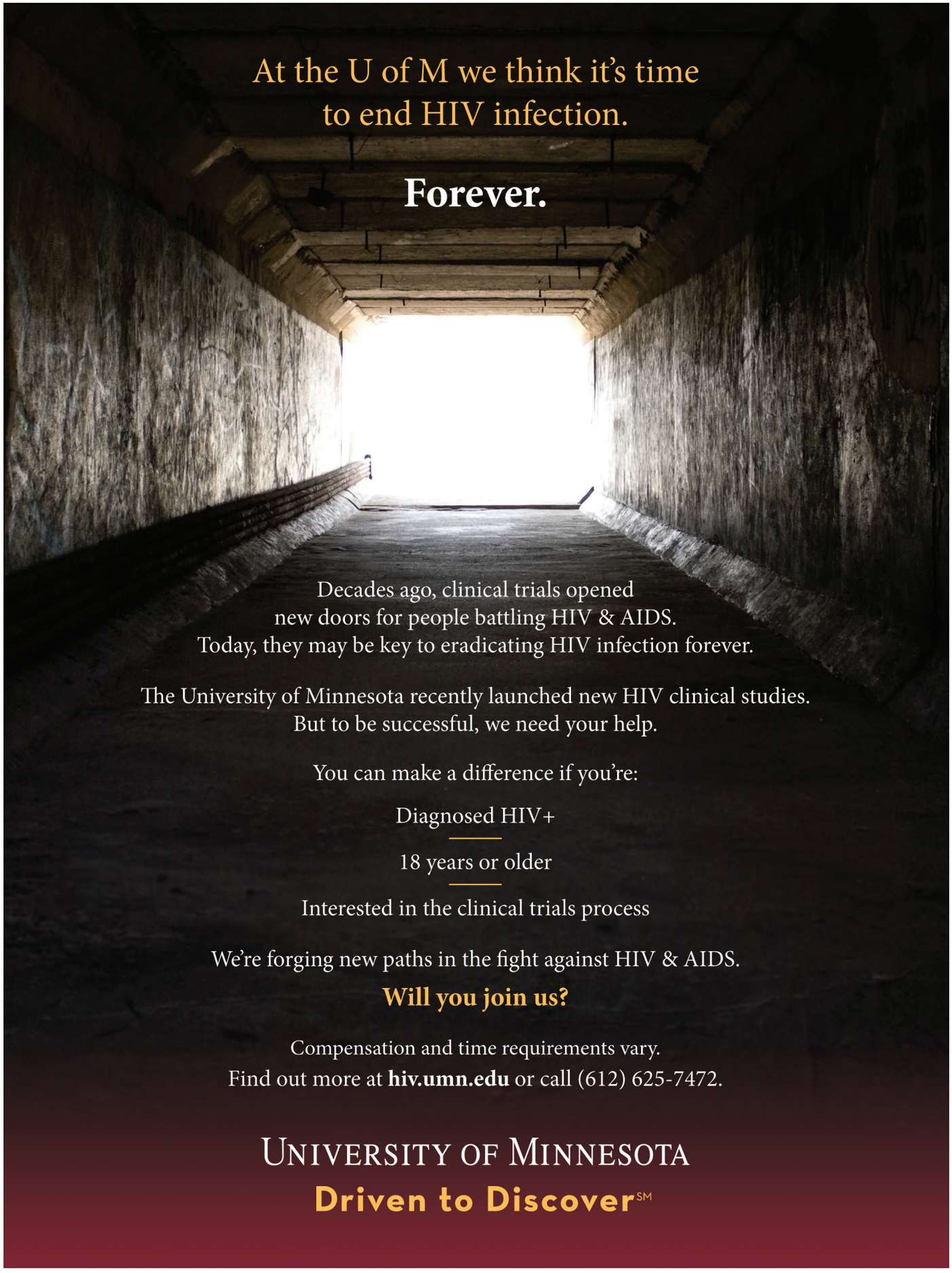
Ready or Not, We're All Getting Older

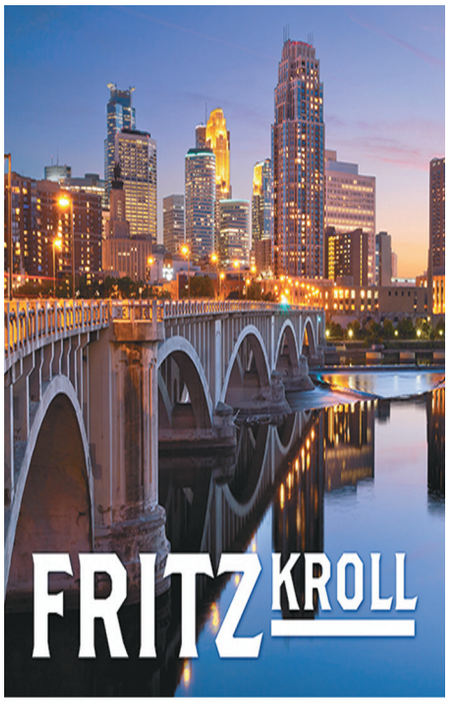
GLB Vets, Telling Queer History, and Being Informed Consumers of Aging Services

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FROM THE EDITOR | BY ANDY LIEN

Seeing Things

I'm writing this the morning of August 1, 2014. A year ago, I was sleeping in at this time, because I'd been up until about 4:00 a.m., witnessing and documenting the first legal same-sex marriages in Minnesota. Well, to be accurate, I had been witnessing the first new marriages, considering that a large number of couples who'd already gotten married in states where same-sex marriage was legal had their unions magically become recognized in Minnesota as the calendar went from July 31 to August 1, 2013. That's something I'll shake my head over until the day I die; the fact that a government automatically went from excluding a legal state of being married to including it in the blink of an eye on a somewhat arbitrary date in our history. What people fought so hard for—and against—became reality on paper, even if it had been this community's reality since the beginning of time. Instant validity, instant legality.

The people whose marriages became recognized in that instant didn't really do anything to merit the shift in status, unlike people who take tests to become legal citizens of the United States, people who drive a course to get a driver's license, or people who file some paperwork and pay fees to incorporate a business or something of the sort. Sure, these couples had already paid fees and signed marriage certificates in some other state on some other day, but they didn't do anything to make their marriages more legal as we went from July 31 to August 1 last year. It was a shift in opinion and law in this state that did it. An important shift, a necessary shift, but it smacks to think that the mere votes of very few legislators and the signature of a governor who were representing so many people in our state held over 500 rights in their hands. They could've kept them from the community, or given them as they did, with nothing actually causing the difference between deserving them and not.

Am I grateful that they chose love to be the law?

Absolutely. Of course. No doubt. Until the end of time.

Does it anger me that such a similar change is what's keeping other couples in other states from having legal unions?

Absolutely. Of course. No doubt. Until same-sex marriage is legal for all citizens of the United States of America.

You know the Serenity Prayer? It's the one that goes: "Grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference." For a community that has a high rate of chemical dependency (cue the familiarity with the Serenity Prayer as it's what starts pretty much every meeting of Alcoholics Anonymous), it's somewhat ironic. Looking at the shift from an illegal union to a legal marriage throws what we cannot change, changing what we can, and that wisdom to know the difference into a whole new light.

In the Senior Living Issue that came out just after the legalization of marriage took effect last year, we profiled couples that had been together for a long time but then could finally "take their relationships to the next level," as if they hadn't already been there. Pam Colby titled the feature, "I Never Thought I'd See the Day." How poignant, how apropos. A whole community went from arguably accepting the things we could not change to claiming the courage to change the things we could...thanks to realizing that there was a difference. Considering the conversations we had during the VOTE NO campaign, when many people couldn't even imagine keeping an amendment to ban same-sex marriage out of the state Constitution, the shift to believing marriage equality could become reality was necessary and had to be rather swift.

It flies in the face of reason, though, this shift in belief, because it's all abstract. There's nothing concrete about it. For example, even if I know the rules of the road, my eyesight is so bad that I'm blind without corrective lenses, so I cannot legally drive a vehicle. But, when I wear my glasses, significant change happens and I can see. I have altered myself to go from someone who cannot legally drive to someone who can, in a matter of moments, thanks to my (rather thick) glasses. But the people who shifted from not married to married in Minnesota that night? They didn't do a dang thing, except believe that it could happen someday and go to a state where it had so that they could act on that belief. Then, they returned to Minnesota with no visible alteration to themselves except perhaps a wedding ring; no marital equivalent to glasses to make them legal, no license in the state of Minnesota, no fees paid to the Land of 10,000 Lakes.

Nothing changed but everything changed. Our community didn't change, but the legislators did. A majority of a group of lawmakers had to see this community as valid and deserving of rights and status. But, guess what? We had to see it as being possible before they could. The visionaries who helped both the community to see the future with legal marriage as a reality as well as the legislators to vote it to be so assisted our sight. The visionaries were our metaphorical pair of glasses.

In this year's Senior Living Issue, we cover topics from mental health for gay, lesbian, and bisexual veterans to HIV for older individuals to aging services for the community. Is anything of what we cover terribly specific to whether or not someone is married? Yes and no. If you're looking for long-term care services or facilities for a same-sex couple (for your relationship of that of someone you love), yes, the legal status of the relationship would matter, as would the end of life legal arrangements, hospital stay circumstances, and estate laws. But, as with the flip of the date from July 31 to August 1, 2013, having a legally recognized marriage in the state of Minnesota should not affect how people in this community are treated, whether 18 or 80 years old.

But, as people approach 80 years old and become increasingly vulnerable as they require more care, they become more dependent again on a group of people who need to see this community as valid and deserving of rights and status. And, what seems to be crucial in the case of the aging rainbow community (as it was during the fight for marriage equality), is being out as a member of the community. Care providers, health practitioners, family members, and other advocates can only make sure the needs and wants of this community are considered when they're known and out in the open. As with any coming out situation, there are risks; but there are also rights and rules that offer protection and consideration in this life journey. Use the resources in this issue and find out more about how to prepare yourself or your loved ones for the aging process.

So many folks in this community never thought they'd see the day when their unions would be recognized as legal marriages in the state of Minnesota; now is the time to make sure the same couples maintain that status for the rest of their lives together.



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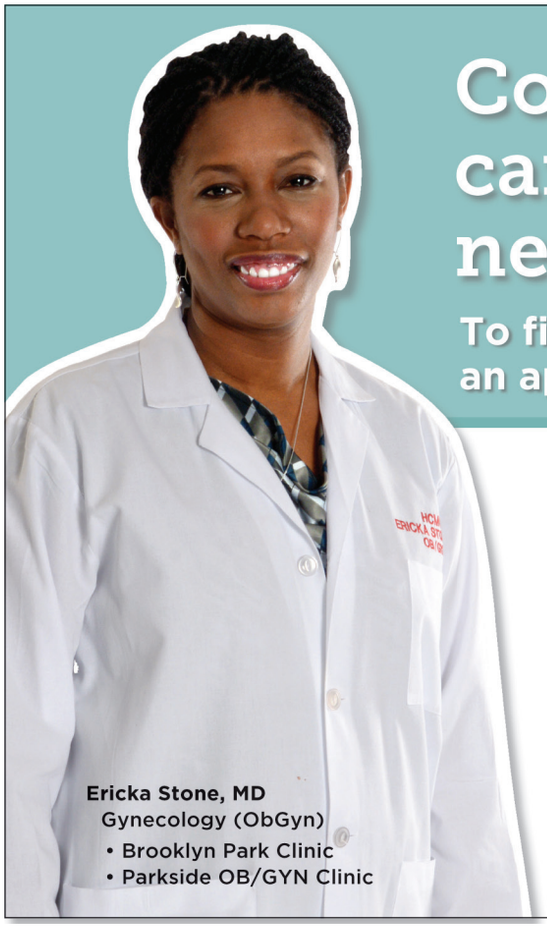
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A WORD IN EDGEWISE | BY E.B. BOATNER

Burwell v. Hobby Lobby Stores, Inc.: Rats in the Granary; Canaries in the Mine

SCOTUS's ruling for Hobby Lobby Stores: Not that big a deal? A disaster for women's health care? There's plenty of ink on both sides, including Justice Ruth Bader Ginsberg's 35-page scathing dissent. Too much to cover here, but consider these points.

It is a very limited ruling applying only to companies where five or fewer shareholders hold 50 percent of the shares and a common belief. According to *TIME*, over 90 percent of all American businesses are closely held, and some 52 percent of the American workforce works for such a corporation.

Hobby Lobby is only objecting to what it believes are abortificants, many other contraceptive pills are still available. They only disallowed four methods, but as *Daily Kos* points out, these devices *do not* cause abortions. Three of the four methods actually *prevent ovulation*. Hobby Lobby's "beliefs" trumped scientific fact.

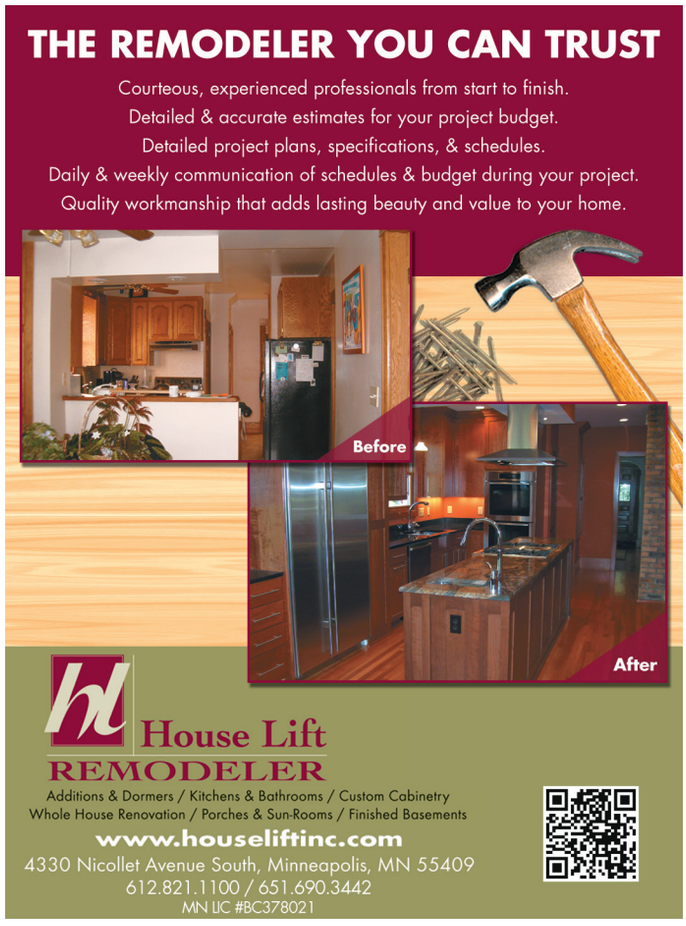
Hobby Lobby offers high wages, benefits and 401(k) plan. They also invest millions in companies making the very devices they can now refuse their women employees. Many of their products are made in China where abortion is frequent and often coerced.

Hobby Lobby and other closely held corporations are now protected from government interference in the exercise of their religion. So far, the protected religion is white, fundamentalist Christianity. The verdict isn't in on the protection of religious beliefs of a closely held Sharia corporation or any other of the non-Christian religions still allowed to worship in this country.

Hillary Clinton disagreed "with the reasoning as well as the conclusion… You know part of the reason I was so adamant about including women and girls in our foreign policy, not as a luxury, but as a central issue, is because they're often the canaries in the mine."

Just as there's never a single rat in a granary, this decision will be teased and nibbled at until the floodgates—what Justice Ginsberg called a "minefield," will be wide open. The day after the ruling, a group of religious leaders sent a letter to President Barack Obama asking that he exempt them from a forthcoming executive order that would prohibit federal contractors from discriminating against LGBT people."

Justice Ginsberg is right on the money. The canary is gasping and there is more—much more—to come. ■





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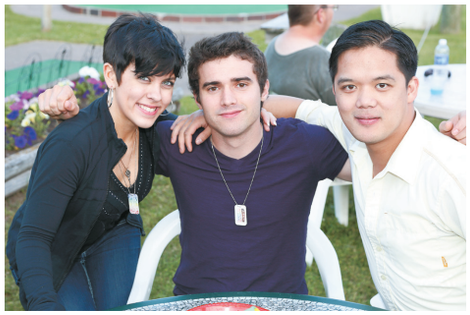

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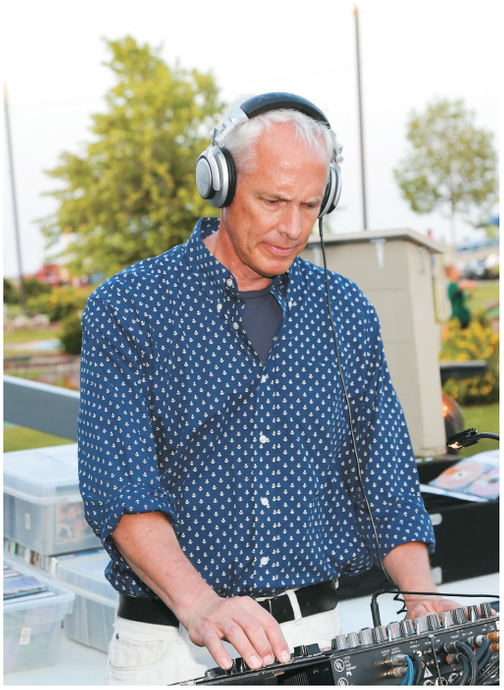
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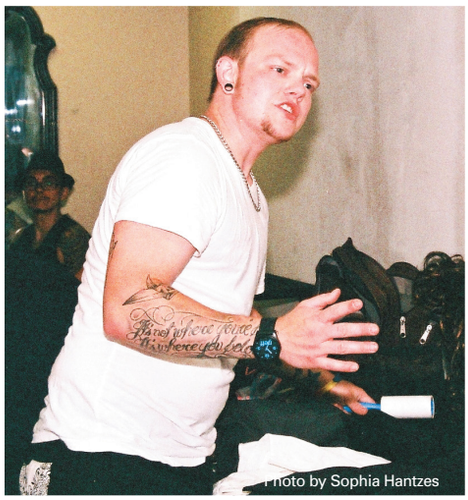

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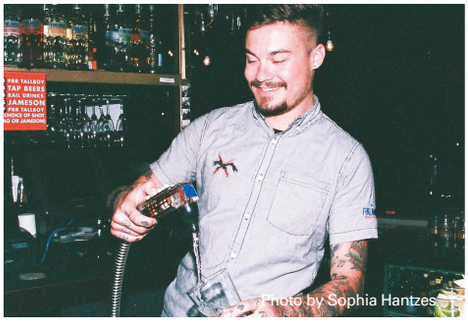

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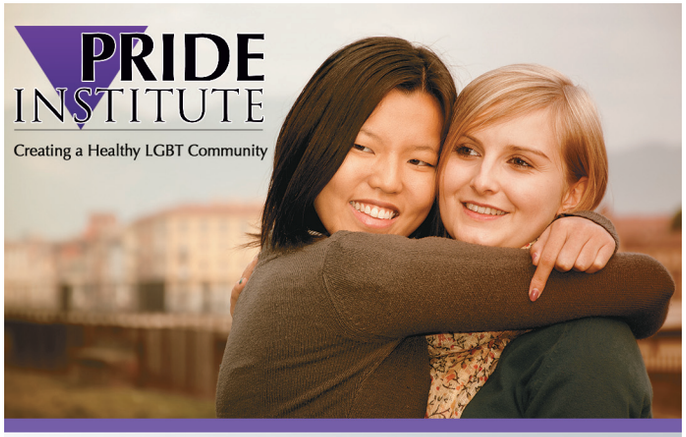

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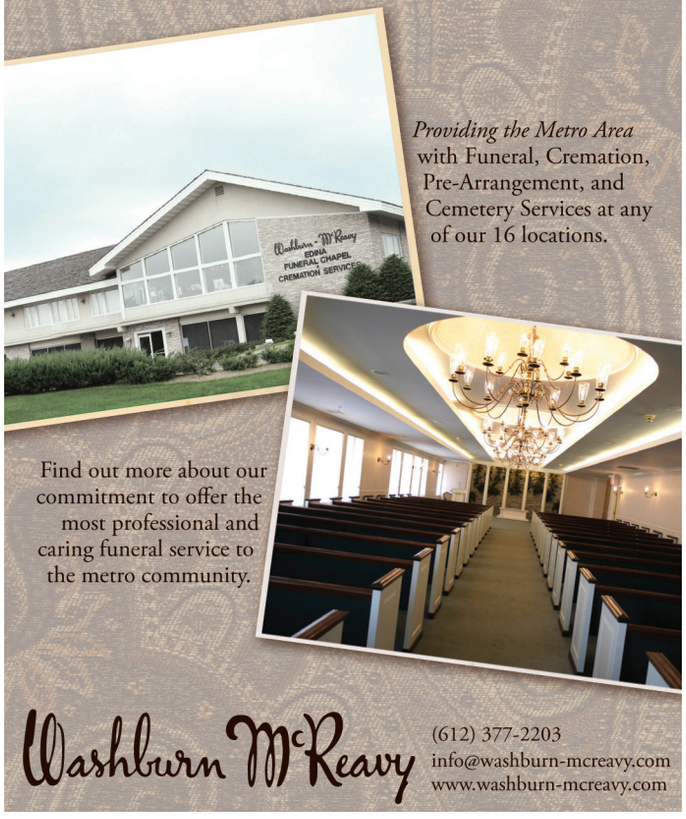
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"BEAR" WITH ME (WHILE I TELL YOU ABOUT)... | BY BARRY LEAVITT

QUORUM COFFEE
August 8 • 7:30-9am
Twin Cities Leather & Latte • 2717 Hennepin Ave., Minneapolis
Kickoff your morning by enjoying some quality networking with other members or individuals interested in learning more about Quorum. Twin Cities Leather & Latte will have delicious coffee and breakfast choices available for purchase so stop by, have the most important meal of the day, and make some great new connections. Be sure to bring business cards! Free to attend. Visit www.twincitiesquorum.com for more information.

DRIVE-IN NIGHT AT THE MOVIES
August 9 • 5:30pm
Vali-Hi Drive-In • 11260 Hudson Blvd. N., Lake Elmo
Join the Minneapolis Movie Bears and the North Country Bears for their final drive-in event of 2014. All the food, hot dogs, hamburgers, brats, and side dishes are supplied, so you're only responsible for bringing your own movie snacks and beverages. The drive-in shows 3 first run films with the first one starting at dusk. Stay for one film or all of them. The movies playing that evening will be announced about a week in advance. Search "It's Drive In time once again" on Facebook for more information.

FARGO-MOORHEAD PRIDE
August 14-17
Various Fargo-Moorhead locations
The Upper Midwest Pride season continues with Fargo-Moorhead Pride, which draws crowds from throughout North Dakota, Minnesota, South Dakota, and Canada, making it one of the nation's largest rural celebrations. Events include a 5K run/walk, block party, parade, and Pride in the Park. Visit www.pridecollective.com/fmpride/ for more information.

LUSH 5TH ANNIVERSARY WEEKEND
LUSH, one of the Twin Cities most popular bars turns 5, and they're throwing themselves a big party for us all to enjoy. It all starts Friday night with One LUSH Fits All featuring DJ Miss Scarlett and the "Ladies of LUSH" bartending. The party continues Saturday night with a block party featuring DJ LA, DJ Gina Star, and HOT Go-Go Boys direct from Las Vegas. Visit www.lushfoodbar.com for more information.

WENDY HO
August 15 • 10pm
Gay 90's • 408 Hennepin Ave., Minneapolis
YouTube sensation Wendy Ho invades the Twin Cities and joins the Ladies of LaFemme for what's sure to be an entertaining evening. Wendy Ho is one part skilled singer, one part comedienne, one part white rapper, and 100% entertainer. Ho got her start as a little honey boo boo child in a trailer court in Ohio. From the time she first belted out the theme from "The Jefferson's," at her Meemaw's Bunco party, one thing was for certain: "that chubby lil white girl has SOUL!" Come see the sensation for yourself. 18+ seating is first come, first serve. Visit www.gay90s.com for more information.

TUBING DOWN THE CANNON RIVER
August 16 • 10am
Welch Mill Canoeing & Tubing • 26389 County 7 Blvd., Welch
The Minneapolis Movie Bears and the North Country Bears are getting together again for another big day of tubing down the Cannon River, but you don't have to be a bear, cub, or otter to join in the fun. Tubes are $10 each. After Tubing, many in the group will be going to Treasure Island Resort & Casino for the buffet or hitting a hamburger joint on the way back. Visit www.minneapolismoviebears.com or ncbears.com for more information.

19 BAR'S POOL TOURNAMENT
August 17 • 4pm
19 Bar • 19 W. 15th St., Minneapolis
Chalk up your pool cue! It's time for the 19 Bar's monthly pool tournament! $5 entry fee! There's a CASH PRIZE for the winner, and $15 BAR TABS for 2nd and 3rd place! Don't miss it! Visit www.facebook.com and search "The 19 Bar" for more information.

FLIP PHONE
August 21 • 9:30pm
Honey Mpls • 205 E. Hennepin Ave., Minneapolis
Get ready to GO DEEP with Janet Jackson and Flip Phone. Step in front of that VELVET ROPE and let us take CONTROL. This party is ALL FOR YOU...maybe gets a little NASTY. DJ FANCY RESTAURANT spins Janet Jackson and other favorites, and there'll be Janet Jackson inspired performances throughout the evening. $5 cover, 21+. Search "Flip Phone: Janet's Escapade" on Facebook for
more information.

BEAR BAR NIGHT
August 23 • 8-11pm
eagleBOLTbar • 515 Washington Ave. S., Minneapolis
Join the North Country Bears for their monthly Bear Bar Night in the Bolt Underground. $7 gets you a cup for keg beer, pop, and a whole lot of burly bears, Grrr. And if you need something to gnaw on, the eagleBOLTbar offers pizza, sandwiches, burgers, and other munchies. Visit www.ncbears.com for more info.

2014 MISS TOAST OF THE TOWN HOUSE
August 23 • 9pm
Town House • 1415 University Ave. W., St. Paul
Head on over to The Town House as they honor Tiffany T. Hunter, the reigning Miss Toast of The Town House, and look to crown this year's queen. Categories include theme wear, talent, evening gown, and Q&A. This year's theme is Back To School. 21+. Visit www.townhousebar.com for more information.

GLBT CAREGIVER'S GROUP
August 25 • 5:30pm
Wilder Center • 451 Lexington Pkwy. N., St. Paul
Are you a caregiver that identifies as GLBTQ or someone that is passionate about GLBTQ caregiving? In a 2012 study, a need and desire was identified by our community for a culturally specific space for GLBT caregivers. Here's your opportunity to help in co-creating this cross-racial, cross-class, and community-led GLBTQ Caregivers group! For more information, contact: Xay Yang at xay.yang@wilder.org or Kirsten Johnson at kirsten.johnson@wilder.org.

STAYCATION BANGO
August 27 • 8pm
The Saloon • 830 Hennepin Ave., Minneapolis
Mark your calendars and join Mother Pearl for a special edition of BANGO. Prizes include: 2 tickets to the MN Twins (Sept 6 or Sept 20 game). 2 night stay at Marriott Hotel Downtown Minneapolis, $100 gift card to Marin restaurant, $100 gift card to Smack Shack, $50 gift card to Solera, and gift cards to Pourhouse & Capital Grille. The Saloon will be raising money during Bango for The Aliveness Project, which benefits people living with HIV/AIDS. $5 per person, 21+. Visit www.saloonmn.com for more information. ■



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FOOD & DINING | BY JOY SUMMERS | PHOTOS BY METRO TRANSIT, UNLESS NOTED

GREEN LINE: EATING DOWN THE STOPS

The excitement of riding the new trains along the Green Line, Metro Transit's light rail line that connects our two fraternal Twin Cities, had me wishing I had an Easter bonnet to break out. While attempting to suppress my desire to sing, "Clang! Clang! Clang! Went the trolley!" and alienate all other riders I find I often work up an appetite. Whether you're looking for a quick bite, a date night destination, or the intoxicating flavors from a faraway land, there are tons of options worth exploring. Here's our guide to the spots worth seeking out at every stop.







CEDAR RIVERSIDE/ WEST BANK STATION:
Triple Rock Social Club
www.triplerocksocialclub.com
This music venue has more to offer than just a great spot to see a show. Their menu is packed with bar food favorites, killer breakfast on the weekends, and arguably the most punk-rock vegan options in town. Order the Chef's Revenge and gird your gullet.

Acadia Café
www.acadiacafe.com
Listen to a little music and sip their eclectic beer selection. Order up a GLBT, their take on a BLT, but with the welcome added diversity of their house-made guacamole. The menu is stacked with comfort food classics with a twist.

EAST BANK STATION:
U of M Farmer's Market
www.umn.edu/ohr/wellness/nutrition/farmersmarket
On Wednesdays during the growing season you can pop in for all of your freshly plucked produce needs.

STADIUM VILLAGE:
Chipotle
www.chipotle.com
Eat like the students do! Down a massive burrito built to your specifications and never have to worry about calling mom to loan you a little extra money for your train fare.

Stub and Herb's
www.stubandherbsbar.com
Or, if your college years more closely resemble mine, drink in the nostalgia at this campus mainstay. It smells exactly as you remember. This year they're celebrating their 75th in business.

Little Szechuan
www.littleszechuan.com
You've got not one, but two of these fantastic Chinese restaurants on the line. This location includes the specialties that they made their name for: blazing heat is packed into their Ma Po Tofu and sizzling fish dishes. The beef in spicy broth will not soon be forgotten.

PROSPECT PARK STATION:
Surly
www.surlybrewing.com
The brewery that brought us the taproom boom is finally taking shape! They've secured a chef and have begun the process of building the most hotly anticipated beer spot in recent memory. Look for them to open next year.

WESTGATE STATION:
Cupcake
www.cup-cake.com
Get your sweet on with this award-winning bakery. Their personal-sized confections are filled with creative flavors and the enormous, steaming coffee mug at the edge of the building couldn't be more inviting.

Dunn Bros Coffee
www.dunnbros.com
The locally owned coffee shop chain serves up their specially roasted brews and they have a cold case for some grab-and-go eating goodies.

RAYMOND AVENUE STATION:
Key's Café
www.keyscafe.com
Don't forget that breakfast is the most important meal of the day (although, Key's has lunch, too). They serve up hearty plates and coffee you can down cup after cup to fuel a long day. Be certain to save room for a little something sweet. You'll want one of those cookies or a mammoth cinnamon roll for later.

Foxy Falafel
www.foxyfalafel.com
No, her first name ain't baby, it's Foxy—Miss Falafel, if you're hungry. This adorable shop run by Erica Strait churns out the most delectable falafel you'll find anywhere. There are a bevy of other delicious treats awaiting your empty belly inside this storefront. These dishes are great for eating inside this café or grabbing to-go and hopping back on the train.

Caffé Biaggio
www.caffebiaggio.com
This adorable little bistro serves classic Italian dishes with a light hand like cioppino, veal medallions saltimbocca-style, and chicken marsala. With their lovely wine list, artistic atmosphere, and proximity to the Green Line, this favorite neighborhood secret might just be out.

FAIRVIEW AVENUE STATION:
Lucy Coffee Café
www.facebook.com/pages/Lucy-Coffee-Cafe/225001827561348
The cute little café will hook you up with your morning caffeine fix or fill your belly with their soups and sandwiches. Mostly, it's fun to settle in and catch up with friends inside the artistic interior that is, in a word, *fabulous*.

SNELLING AVENUE STATION:
On's Kitchen
www.onskitchen.com
We can debate who has the very best Thai food in the city, but it's easy to make the case that On's is number one. On is in the kitchen pouring her heart and soul into these spicy dishes. There are classics like pad see ew and tom yum, but my favorite dish is the khao mun gai. Tender roast chicken (from an actual chicken, not those mystery paste strips that appear at other unnamed Asian restaurants) is served with sticky rice and a complex sauce of garlic and ginger.

Turf Club
www.turfclub.net
The venerable music venue is temporarily closed for renovations, but when they open there's promise of a menu! The art deco style, great drink prices, killer musical line-ups,



SNELLING AVENUE STATION





Groundswell Coffee.
Photo courtesy of Groundswell Coffee

HAMLINE AVENUE STATION



VICTORIA STREET STATION

DALE STREET STATION

and I can get a bite to eat (instead of the Taco Bell Drive Thru of Shame)? I can't imagine a better night out.

Fasika
www.fasika.com
Ethiopian cuisine is filled with flavors that beg to be explored and Fasika is often hailed as the best spot to begin your mouth's new adventure. Berebere is an intoxicating spice blend of peppers, garlic, fenugreek, cinnamon, cardamom, cloves, nutmeg and more—once you taste it, you'll be wondering where it's been all your life. Dive into the lamb key wot with some sour, spongy injera and see what I mean.

HAMLINE AVENUE STATION:
Flamingo
www.flamingorestaurantmn.com
Dream of East Africa through the plates served inside this woman-owned restaurant. Sambusas are meat- or lentil-stuffed, heavenly spiced goodies wrapped inside a crispy pastry shell and devoured moments after arriving at your table. Start there to stave off the hangries and then enjoy exploring the entire, delicious menu.

Groundswell Coffee
www.groundswellmn.com
What was, until recently, just a neighborhood coffee shop has blossomed into a café that has the foodies flocking for killer veggie burgers, beautiful breakfasts, and a pastry case that has the gluten-free and full swooning. Stop in for a date night with a bottle of wine or local craft brew or linger all day over a pastry and anything they have listed on that specials board.

The Town House Bar
www.townhousebar.com
Sometimes you just want to be where everyone knows your name, or at least your drag name. Whether you're popping in at The Town House Bar for a little bingo, karaoke, or to take in a show, you can fill your belly with some bar food classics like Heggie's pizza or their spinach and artichoke rangoons. It's been a gay landmark for the community since 1969.

LEXINGTON PARKWAY STATION:
Hoa Bien
www.facebook.com/pages/Hoa-Bien-Vietnamese-Restaurant/116517478372489
It's possible to explore all the flavors of Vietnam through this neighborhood. Begin your quest inside Hoa Bien with steaming bowls of pho and glass noodle salads served with a pile of aromatic green herbs.

VICTORIA STREET STATION:
Que Nha
www.facebook.com/pages/Que-Nha/120642001280302
Steps away from the station platform are a host of Vietnamese dishes awaiting your hungry stomach. Creamy congee will soothe you and the hot pots will snap your taste buds to attention.

Ngon Bistro
www.ngonbistro.com
If you still haven't been to this beautiful little Vietnamese bistro using local, sustainable ingredients, what are you waiting for? Life isn't complete until you know what that crispy rabbit dumpling is all about. Between their killer patio and full bar there has never been a better time to visit this perennial favorite.

Homi
www.homirestaurant.com
This neighborhood is brimming with ethnic eateries, but short on Mexican restaurants. Homi delivers with tamales, tacos, and long-stewed entrées perfumed with spice and rich flavors.

Trung Nam Bakery
www.facebook.com/trungnambakery
Ever wonder where those beautiful baguettes made perfectly for a proper banh mi come from? This bakery. They also have a host of French pastries including croissants that are almost too beautiful to eat. Almost.

DALE STREET STATION:
Big Daddy's Barbecue
www.bigdaddysbbq-stpaul.com
Smoke takes patience to work its mysterious magic on a hunk of meat. Save yourself some time and just head on into Big Daddy's for slabs of ribs or tender smoke-kissed chickens because nobody does it better than these guys. Pro tip: you can buy jars of their rich and tangy sauce to bring home. Just know: the spicy is no joke in the heat department.

Art Song's Hickory Hut
www.hickoryhutstpaul.com
It's all about the wings inside this spot. I'm sure there are plenty of other things on the menu, but watching them work two enormous fryers and turn out massive amounts of these super crusty, highly seasoned, succulent wings…I don't know how to order anything else.

Daily Diner
www.dailydinerfrogtown.com
From the New French Bakery bread to the Peace Coffee, there are touches of "Minnesota Nice" threaded throughout this spot's menu and location. The restaurant also employs people from nearby Union Gospel Mission looking to rebuild their lives. All that goodness and fresh-baked cinnamon rolls the size of your head. It's a great way to begin your day. (Plus, they're open until 7:00pm on weekdays, for those who start their days later.)

Trieu Chau
www.facebook.com/pages/Trieu-Chau-Restaurant/121213914559680
Oh, we're not done with the Vietnamese cuisine just yet. You

CONTINUED ON PAGE 22



Heartland. Photo courtesy of Heartland

Black Sheep Pizza. Photo courtesy of Black Sheep Pizza

haven't tried the bun at Trieu Chau yet! Rice noodles are topped several ways with a wide swath of flavors and textures to delight your mouth.

iPho by Saigon
www.facebook.com/pages/iPho-by-Saigon/174519159319283
Consider yourself the Pho King master? iPho has a mammoth food challenge for the big eaters, where you can take an enormous bowl of this brothy soup down and you can win yourself a t-shirt! For the rest of us, a more reasonable size of the stuff more than satisfies.

SugaRush
www.sugarushstpaul.com
Sweet teeth delight in this spot that is decked out with doughnuts for miles. Whether you want cake, cruller, bear claws, Old Fashioned, glazed, frosted, or sprinkled, they've got the fried little breakfast beauty to satisfy your craving. They also have muffins with craggy tops and tender interiors.

WESTERN AVENUE STATION:
Little Szechuan
www.littleszechuan.com
The restaurant that introduced the Twin Cities to their fiery love of the Szechuan peppercorn has evolved again into a hotspot. Linger over bubbling cauldrons of broth into which you can dip everything from noodles to veggies to tofu to raw meat and watch them all cook in front of you.

Cheng Heng
www.facebook.com/pages/Cheng-Heng-Restaurant/423295334357998
We may have finally eaten our way through Vietnam and now we're heading headlong into Cambodia. These are some of the best spring rolls in the Cities and their fresh cut coconut served with a straw will help cool you down after feasting on the seriously spiced curries.

Bangkok Thai Deli
www.bangkokthaideli.com
They've moved out of the dark grocery store deli and transformed a one-time Burger King into a Thai cuisine destination. The Thai-style papaya salad is perfect for a steamy, hot summer day when it's actually better to sweat from the inside out.

CAPITOL/RICE STREET STATION:
Hmongtown Marketplace
www.hmongtownmarketplace.com
Just a couple of blocks away from the station is a culinary wonderland filled with crispy, spicy sausages the length of a belt, ultra-crispy fried chicken wings stuffed with ground meat and glass noodles, plus fiery, sour, salty, sweet green papaya salad from several different vendors inside this market place. Bonus: you can shop for all kinds of things you didn't know you needed—from *Dora the Explorer* backpacks to tiny bitter melons—inside and outside at this spot.

ROBERT STREET STATION:
Food Truck Rallies
Midday, look just beyond the Capitol to John Ireland Boulevard for a row of brightly colored trucks slinging their delectable dishes. If you happen to spot Neato's Burgers, Fork in the Road, Wacky Wing Wagon, or Gastrotruck, you're in luck.

10TH STREET STATION:
Black Sheep Coal Fired Pizza
www.blacksheeppizza.com
Coal fire creates a wonderful char on this yeasty dough topped with incredibly fresh ingredients. The zesty meatballs mingled with pillowy ricotta will have you wishing you didn't have to share this pie. Better order another to distract the other diners. Don't forget your vegetables, either—the Farmers Market salad is always built with the bounty of the season and never fails to impress with deftly built flavors. I know! Salad at a pizza place? It's true.

Babani's
www.babanis.com
The country's first Kurdish restaurant has been serving this part of St. Paul for seventeen years. Tuck into a little biryani with tender rice studded with sweet raisins, potatoes, vegetables and an aromatic mix of spices, and imagine yourself in a far away land and taste the love of the family that built this beloved spot.

Key's Cafe
www.keyscafe.com
If you missed them on the Raymond stop, now's your chance for that cinnamon roll you've been craving.

CAMP Bar
www.camp-bar.net
Whether you're in the mood for a little happy hour or a swanky spot to take a break from all this public transit, CAMP has got the rainbow community (and friends) covered. You can grab a few bar food bites from their menu or get a snack from one of their neighbors: Sawatdee, Black Sheep, or Key's.

Sawatdee
www.sawatdeesaintpaul.com
The originators in the Minneapolis Thai restaurant scene and perennial reader's favorite in just about every dining poll, the St. Paul location has all your favorite dishes. From creamy green curry to Pad Thai to sticky rice with mango, it's all here plus they have brunch and a full bar.

CENTRAL STATION:
Amsterdam Bar and Hall
www.amsterdambarandhall.com
Downtown St. Paul's answer to First Avenue, this scrappy little club brings in some fantastic abuse for your ears. Sit back, rock out, and don't forget to order some food. Their little plates are perfect for keeping that delicious demon alcohol at bay. The full bar and beer selection requires some thorough exploring as well.

Meritage
www.meritage-stpaul.com
French cuisine has never been so approachable as it is at this brasserie. Whether supping on moules frites, cassoulet, or their smoked confit wings, this restaurant never misses with their dishes.

Senor Wong's
www.senorwong.com
A mash-up of Asian and Mexican cuisine inside a restaurant/bar has fans flocking for their cocktails and crispy, savory foods. Check out the kalbi shortribs, wonton poppers, or the tacos and wash it down with a cocktail mixed with top-shelf ingredients.

UNION DEPOT:
Christo's
www.christos.com
Opa! We've made it to the end of the line and found the sweet smell of gyros. If you arrive midday, Christo's lays out a buffet full of Greek favorites. For dinner, entrees include fortifying dishes like moussaka or lamb shanks. Save room for dessert because you can't miss their crispy phyllo wrapped classic baklava.

Heartland
www.heartlandrestaurant.com
Before farm-to-table was a full-on movement, Lenny Russo was cooking exclusively with seasonal, local ingredients. The warehouse space houses a more casual bar, fine dining restaurant, and a market featuring many of the goodies they use to create their dishes.

Tanpopo Noodle Shop
www.tanpoporestaurant.com
Noodle fiends love to slurp up the dishes inside this beloved spot. Choose your flavor adventure from soba or udon noodles, cold or hot, along with several other Japanese dishes like chicken kara-age and several sushi rolls.

Kelly's Depot Bar
www.facebook.com/pages/Kellys-Depot-Bar/149585945071219
You have to love the tenacity that they kept the name "Depot" through the time that the Depot sat vacant. Luckily, those days are over and you can ride right up to this neighborhood pub with delicious thin-pattied, yellow-cheese draped burgers. Not only has the name hung on from a bygone era, but the prices here seem to also be from yesteryear. You'll leave with plenty of change for train fare home. ■


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TRAVEL | BY CARLA WALDEMAR



Castle along the Rhine. Photos by Carla Waldemar

FROM FRANKFURT TO UNESCO

Germany's Wonders

"I am a Berliner," President Kennedy once famously proclaimed—likening himself, unwittingly, to the doughnut that goes by that name in a fractured attempt to declare his affinity for the city. Likewise, I am a Frankfurter—charmed by the town that calls its local sausage so. Oh, I love the wurst, all right, along with the fist-sized pretzels, tart-sweet apple wine, and herb-bright green sauce that improves the flavor of boiled eggs and potatoes in Frankfurt's kitchens. But I love even more the city's living history, its footprint, and its mindset.

Some call it "Main-hattan" in homage (or despair), acknowledging the cloud-scraping silhouettes of its financial sector bordering the River Main that slices the town. But since 794 A.D., when the town first saw its name in print, it's the Alt Stadt—the Old City—that's charmed most visitors. (On a train from the airport, you're there in 15 minutes.) On its historic platz, lined with half-timbered houses, newly married couples (including Adam and Steve) bound from City Hall as mimes strike poses and itinerant fiddlers strike up a tune. Its graceful St. Nicolas church of 1240 acts as a prelude to the grand Cathedral a few blocks away, its lacy Gothic spire giving way to über-Baroque exuberance. Three precious medieval altars are on display, saved from the virulent bombing that besieged the city in 1944. Holy Roman Emperors were crowned here.

Connecting the two holy sites is Saargasse, a street-scape of the future, lined with cheeky facades from an architects' competition (to paraphrase MPR, reminding folks that all buildings were once new). Close by, the History Museum displays the Emperors' jewel-crusted crown as well as landscapes of the city before and, tragically, after the bombs dropped.

The poet Goethe's house is, indeed, new, but it's an exquisite reproduction (après bombing) of his birthplace, open to tour. Near it rises Markethalle, a hundred stalls of all that's fresh and tasty. Pick up cheese and sausage and skip upstairs to its open-air wine bar for a dose of people-watching. Or see them ambling along Zeil, the vast, pedestrian-only shopping promenade.

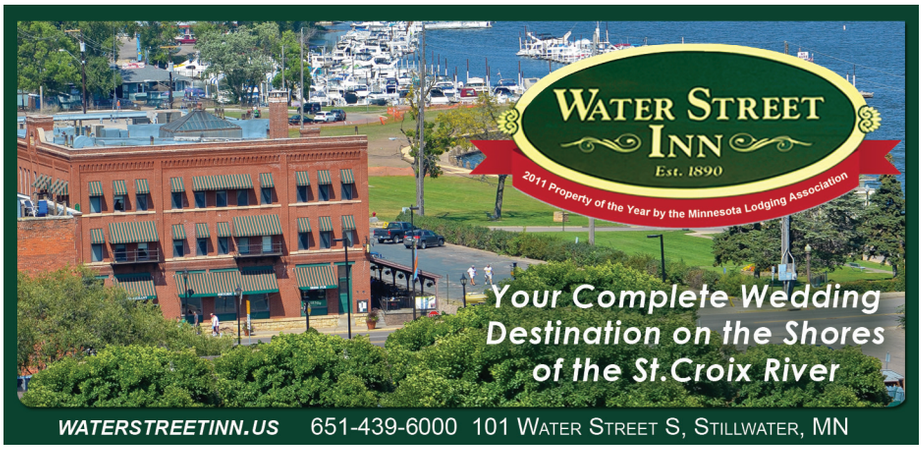
I saved my browsing for a jaunt across the river to Sachenhausen, a boho enclave of indie designers, flower stalls, sweet cafés, and taverns where—forget the beer—apple wine is the premier tipple, poured from an iconic gray jug. Among those open-air tables wanders the "pretzel boy"—in this case, a graying gent—offering the local specialty, big as a fist, from his basket.

The riverbank, where locals push bikes and baby buggies, is Frankfurt's claim to fame: the Museum Embankment, where most of its cul-

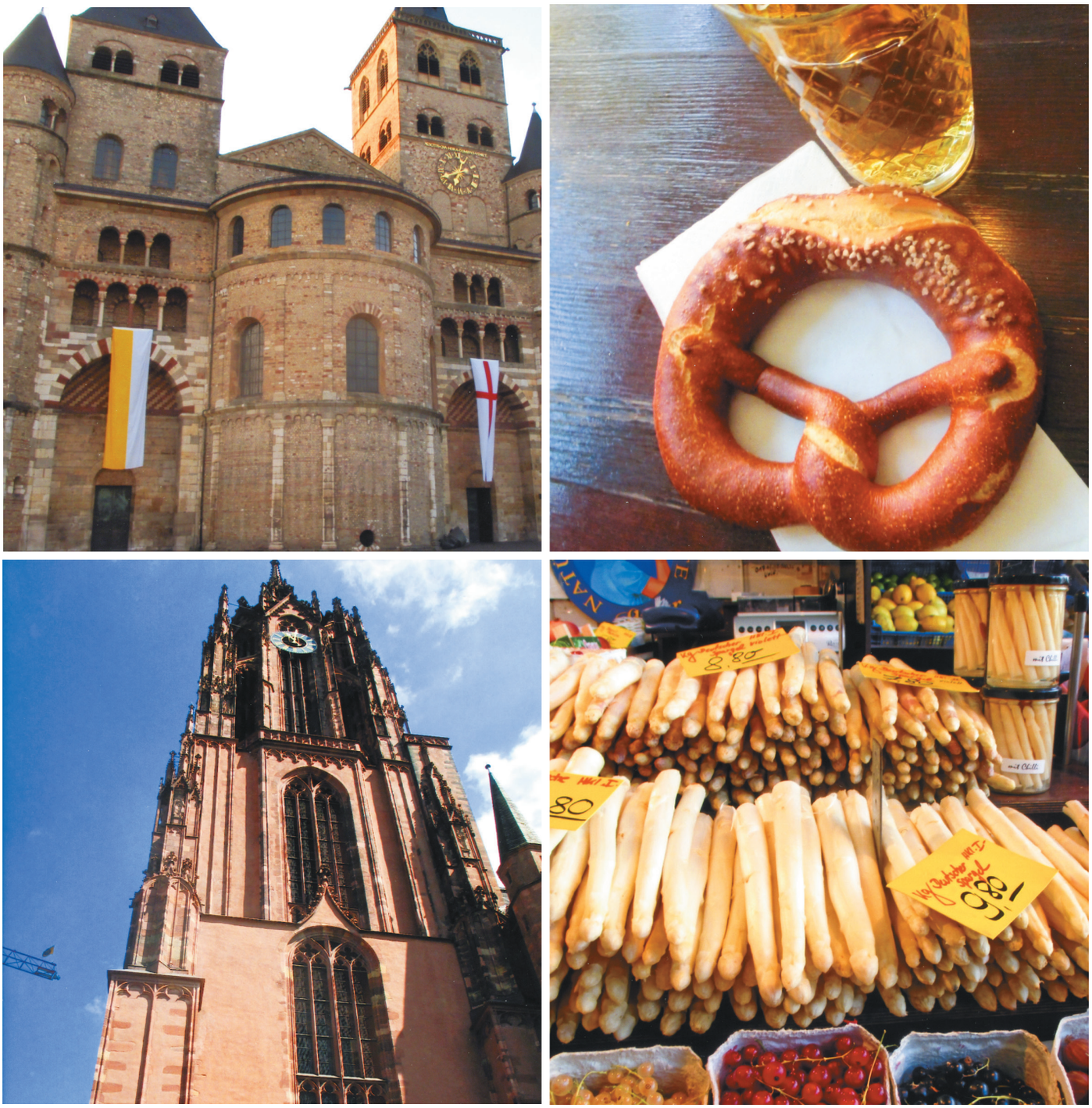
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(From top left) **Cathedral Trier; Frankfurt's famous duo pretzel and apple wine; Spargel, it's the season of white asparagus in Germany; Cathedral spire (UNESCO site) in Speyer.**

tural storehouses—35 in all, one to suit every passion—shoulder each other. The world-famed Stadel showcases every Old Master you might name, from Vermeer and Rembrandt to Raphael—even Warhol, a lodestone of the new Modern addition. The Museum of Architecture replicates cities in miniature from Paleolithic gatherings to the metropolis of the future. Its neighbor, the Communications Museum, organized a daring exam of anti-Semitism. Portraits of Orthodox saints glitter from their golden collars in the Icon Museum, while the Jewish Museum unfolded diggers' finds from the former ghetto, displayed with accounts of its checkered history. For über-modern, hit the MAK, which out-Walkers our own avant art.

Then head to bars, clubs, saunas, and shops saluting leather and lace (and even a women's boutique for men—Transnormal—in boys' town, aka the Bermuda Triangle: the northeast corner of Alt Stadt). Grab the GLBT magazine *GAB* for what's hot. Gay walking tours also are offered, and July's Christopher Street Day is legendary. For info, see www.libs.w4w.net (lesbian), www.lskh.de (GLBT), and Switchboard, www.switchboard-ffm.de. General info at www.frankfurt-tourismus.de.





(From left) **Romer Platz, the main square in the old town, Frankfurt; Trier's landmark Porta Nigra, a Roman gate.**

BEYOND FRANKFURT

Nonstop flights deliver you from MSP to Frankfurt. From the airport (or city) train station, explore some of Germany's UNESCO-cited wonders, starting in **Trier,** its oldest town, founded by Emperor Augustus and called "the Rome of the North" for 500 years. An old Roman storehouse now houses senior citizens. Sign up for gladiator lessons in the vast amphitheater, whose stones seated 30,000. Prowl the underground passageways where contestants readied for the fight.

Emperor Constantine's Imperial Baths once served as the gossip center-cum-spa of its day, watered by a formidable aquaduct; today, wander among the ample chambers, softened with grass. The time-blackened Porta Nigra Gate, remnant of the Romans' city wall, serves as Trier's beloved icon. It anchors the main drag, marshaled by half-timbered homes-turned-shops and Baroque mansions in candy colors. A medieval pilgrim's cross, marking the market square, stands atop a Roman pedestal.

Those Romans led a life of luxe, as documented in the Archaeology Museum's unearthed treasures like floors of intricate mosaics, a mountain of gold coins (the most discovered anywhere in Europe), marble busts of the rich and famous, and even an itty-bitty leather bikini.

Constantine's Throne Room has been co-opted as a Catholic basilica, extended in the 1700s with a wedding-cake palace. Trier's great cathedral, built with stones from the Roman wall—a jumble of add-ons that looks more like a fort than a holy site—is not Roman, but Romanesque. Plus Gothic. Plus Baroque, as in the interior dome, from which sculpted figures scramble as a stony trumpeter toots. The cathedral boasts as its most prized relic the robe of Jesus. But good luck trying for a glimpse: It's ensconced in a golden case viewed only on the most holy of days.

Two millennia after Constantine, the Emperor's antithesis was born here—a man whose life's mission was to replace Imperial power with power to the common man: Karl Marx. Tour the home of the journalist whose Communist Manifesto set the world ablaze, aided by audiophones to liven a lot of stand-and-read displays.

Arise, he'd counsel, throw off your diet plans, and eat! Weinstube Kesselstatt, with patio tables aside the cathedral, offers vast platters of everything tasty on hand: sausages, cold cuts, smoked fish, creamy cheeses, salad greens. Restaurant Christo, facing the Porta Nigra, salutes tradition with homey treats like teerdisch—smoked pork served with sauerkraut and mashed potatoes. Here—and indeed everywhere—Riesling is the tipple of choice. The grapes' vines carpet every hillside.

Volklinger Ironworks, in that river city, is Germany's first industrial-heritage UNESCO designation, saluting a behemoth factory employing 80,000 at its height. Blast furnaces have belted out iron here since 1837, including armaments for both world wars. Trace the entire process, self-guided or in the wake of a guide. The majestic machinery alone wore out my camera's trigger finger. Bonus: Part of the space serves as gallery for an emotional photo display of German Reunification 25 years ago.

Aim straight east to **Speyer** and its UNESCO-cited cathedral—biggest in the world when built in 1030, erected in the Emperor's home town, just because he could. Today its Romanesque beginnings are embellished by 19th century "improvements" (or not). Eight kings lie buried in its crypt. Speyer's tiny Jewish Quarter—first pogrom in 1096—will gain UNESCO status in 2017 for its newly excavated synagogue, school, ritual bath, and homes. Break for dinner at the town hall's rathskeller, where I found my favorite word in the German language—spargel!—on the menu. This springtime treat promises logs of white asparagus served with boiled potatoes and all the Hollandaise your conscience permits. Toast it in Riesling, of course.

Twenty miles south of Frankfurt lies another unexpected UNESCO treasure: Welterbe Grube Messel, or the **Messel Pit.** While serving as a quarry, diggers came upon fossils by the thousands, nowadays to ogle via an archaeologist-guided tour: miniature horses the size of collies; a monkey; a crocodile; fossilized animal poo; and plenty of vegetation captured in stone: grapes, coffee beans and other signs that a rainforest was the pit's first tenant. A museum completes the story.

Rudesheim is a classic, postcard-perfect half-timbered town on the Rhine River, worth a gasp of awe even if UNESCO didn't tap it—but it did, for the landscape itself, with grapevines upholstering hills spangled with crumbling castles and lacy spires of churches. Board a cruise boat for a lazy float through the landscape. Or climb aboard a funicular to glide above grape vines marching up the hills to Niederwald—a forest peak overseen by Germania, statuesque emblem of the fatherland—a don't-mess-with-me Wagnerian goddess rising 30 meters high.

Trace the town's alleyways bearded with wine cellars to Restaurant Rudesheimer Schloss, where the family Breuer has spoiled guests at their restaurant/hotel since 1952, arm-wrestling appetizer platters bearing homemade everything: sausages, pâtés, smoked fish, pickled asparagus. Then order the classic duck with red cabbage to assure you'll overtake Germania. Dance it off to the oompah combo playing oldies like "Blue Bayou." Plan your tour at www.germany.travel.com. ■



Dr. Jekyll and Mr. Hyde. Photo by Keri Pickett

DR. JEKYLL AND MR. HYDE

Through Aug. 16
Minnesota Centennial Showboat, Harriet Island on the Mississippi River, Downtown St. Paul
(651) 227-1100
www.showboat.umn.edu

Now that the Mississippi is back to more normal levels the Minnesota Centennial Showboat is back in business. This summer's Victorian melodrama, *Dr. Jekyll and Mr. Hyde*, gives us the very template of the "split personality." The stage adaption by Thomas R. Sullivan from Robert Louis Stevenson's 1886 novella, *The Strange Case of Dr. Jekyll and Mr. Hyde,* isn't as shocking to contemporary audiences but it is a lively crowd pleaser that reeled in the boos and hisses the night I attended. Jekyll is an upright citizen of rank by day and a savagely violent man, Hyde, by night. Christian Boomgaarden relishes the dual role and is aided by a solid cast that also sings and dances musical numbers called *olios* between the acts.

Director Peter Moore's actors capture the formal Victorian spirit, well dressed in Matthew J. LeFebvre's spot-on costumes against splendidly painted drops by scenic designer Rick Polenek. Zachary Margolis charms as Mr. Utterson, the lawyer. Kevin Gotch's Inspector Newcomen is delightfully reminiscent of Sherlock Holmes.

Music Director Vern Sutton's olios are especially good this year with an outstanding soprano in Kelsey Peterjohn and an adorable drag turn by Dan Piering as Queen Victoria. Pianist Anton Melnichenko is peppy and stylish but sometimes he overpowers the voices.

GOLDEN BOYS THE MUSICAL

Aug. 22-24
Lab Theatre
700 N. 1st St., Mpls.
(612) 333-7977
www.labtheater.org

The racial integration of the military is a milestone in American civil rights history. One of the US Army's first racially integrated units is the subject of *Golden Boys the Musical*. When book writer and composer Horace Turnbull visited a World War II exhibit about an actual army unit that performed musical theater, the seed was planted. Turnbull shares that "after being inspired from my visit to the New York Historical Society's Museum last Memorial Day, what was very clear from the beginning was the potential for lots of dancing. That was an exciting proposition I couldn't resist. What followed were all the 'what ifs.' What if the army unit I create had a wide cross sector of men racially, as well as socially and economically? What if the typical two-dimensional characters of a typical musical were a vehicle for something more? I didn't have the answers at the time, but it was the platform for my creation of *Golden Boys*."



Golden Boys the Musical. Logo design by Oren Kramek

Director Kim Martinez says the show "embodies love that these men had for each other and the importance of their contribution to the country during this dark time. I feel a tremendous responsibility to make sure that the production truly reflects the breadth and depth of the relationships that would forever bond these men."

A MIDSUMMER NIGHT'S DREAM

Through August 24
Kelley Park, 6855 Fortino St., Apple Valley
www.theatrecoupdetat.com

The first show Theater Coup d'Etat's Peter Beard and James Napoleon Stone acted in together was the most popular comedy of all time, William Shakespeare's *A Midsummer Night's Dream,* at the University of Idaho in '07. Beard shares, "This show for me is one that holds special significance; it was my first Shakespeare and it was the show that James and I became friends while doing. Those two things are reason enough to want to do it again, but there's more to it than just nostalgia. This play gets done every single year in multiple places across the country, not to mention the world. The question is, why keep doing it? The answer for me is because it is fun. This play is so light and full of life and love that it has been joyful to work on it. It is truly one of those magical shows."

Stone points out that in most Coup d'Etat shows "someone dies in nearly every play. Time for us to shine a little light. Just this once. And for me personally, I have the honor of creating it with someone I have the fortune of having a history with and trust implicitly."

MINNESOTA FRINGE FESTIVAL

Through Aug. 10
Various Minneapolis Venues
www.fringefestival.org

The Minnesota Fringe Festival has continually showcased performances that delve into issues of queerness and difference. You can even go to their link for shows with GLBT content. This year's highlights include *Geneaology of Happenstance* which looks into gay couples having babies. Writer/performer Allegra Lingo shares, "The first thing I did when Amy and I started this baby-making journey was to look for a book, a memoir, of someone else's story and experience, so I would know what to expect. The problem was, one didn't exist. I figured, 'I'm a writer; I might as well be the one to write it.' So that's what I did. I decided to adapt a book for a Fringe show because it's a good story, one that is only unique because no one really talks about the circumstances surrounding planned pregnancies, whether it's gay or straight couples, and I want people to start talking."

Joseph Stodola directs a piece that began as short story in the early 1940s, *One Arm*. Author Tennessee Williams worked on a screenplay of it for decades but its frank view of gay subculture and veterans was unwelcome despite the pre-eminent playwright status he came to achieve. Finally, it has been adapted for stage by Moises Kaufman (*The Laramie Project, Gross Indecency: The Three Trials of Oscar Wilde*). When a military officer (Bryan Daniel Porter) loses his arm in a car accident he turns to selling his body to other men to survive.

Choreographer Lisa Vogel offers *Merging Dualities* from a ballroom dance perspective. She says its meant "to challenge the audience's perceptions of gender roles, body image, movement styles, attitudes about lead/follow partnerships, and the beauty of the human body in movement."



My Fair Lady. Photo by Joan Marcus

MY FAIR LADY

Through Aug. 31
Guthrie Theater
818 S. 2nd St., Mpls.
(612) 377-2224
www.guthrietheater.org

Lerner and Loewe's musical *My Fair Lady*, clearly based on George Bernard Shaw's comedy, *Pygmalion*, is at its core a work that reveals the misogynistic mental cruelty and intense class arrogance of upper class linguist Henry Higgins. His victim is an unschooled Cockney vendor, Eliza Doolittle, whose grasp of the English language is crude and blunt in contrast to the Higgins's cultivated Englishman's tongue.

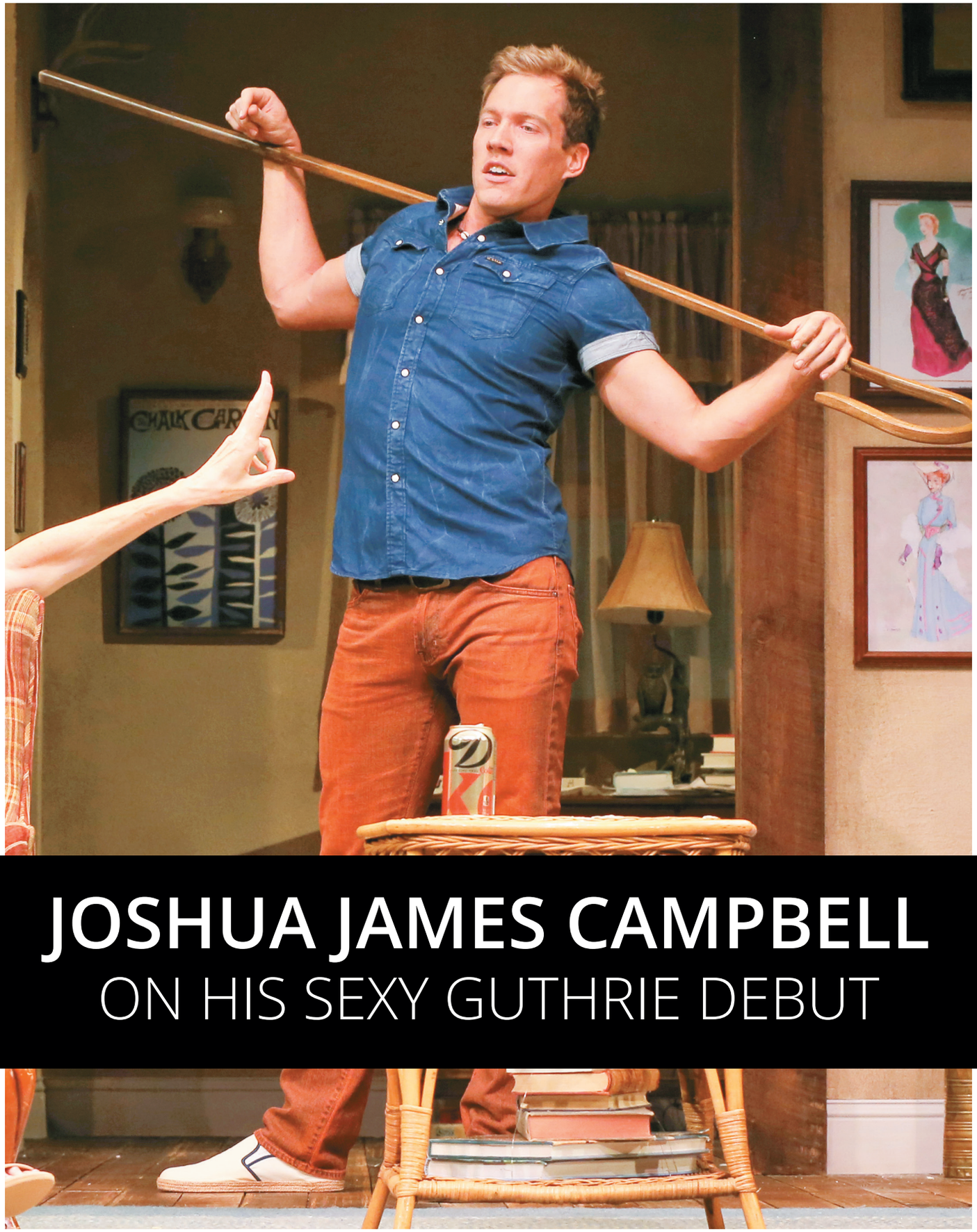
The Higgins role is tricky because it can get lots of laughs at the expense of Eliza's ignorance if the professor's constantly callous chauvinistic comments throughout are not perceived by the audience as the demeaning nuggets of cruelty they truly are. Many actors and directors fall into this trap in interpreting either script, including Rex Harrison's iconic film performance.

However, Guthrie actor Jeff McCarthy and director Joe Dowling get it right! Though McCarthy is a hoot, he finds the arrested emotional development beneath the character's surface, which he well reveals at various points and especially in interactions with the first-rate Melissa Hart as Higgins's mother. Like Penelope Wilton's Mrs. Matthews in *Downton Abbey*, Mrs. Higgins has recognized the darker rhythms of the privilege she was born with and is disgusted by Henry's bigotry.

Helen Anker is transformational as Eliza goes from Cockney coarseness to über-elegance. Tyler Michaels as young gent Freddy imbues the tune "The Street Where You Live" with pure joy. Joe Chvala's choreography is boisterous and vibrant.

Shaw warns us of the dark side of advanced intelligence. We are also made to face the fact that most of us— whatever our race, gender, or income level is— subconsciously want to re-make others into something that suits our own ego rather than reality. The Pygmalion myth recounted in Ovid's *Metamorphosis* refers to that, hence the title of Shaw's original. And as McCarthy and Dowling show us, Lerner and Loewe grasped that as well. ■

ARTS & CULTURE | BY JOHN TOWNSEND



JOSHUA JAMES CAMPBELL
ON HIS SEXY GUTHRIE DEBUT

Joshua James Campbell (Spike). Photo by Joan Marcus

CONTINUED ON PAGE 32

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Joshua James Campbell has played major roles in the area premieres of some of the hottest contemporary plays and musicals: *Grey Gardens*, a joint Ordway-Park Square production, *The Full Monty* with Theater Latté Da, and now last year's Tony Award-winning Best Play, *Vanya and Sonia and Masha and Spike* at the Guthrie.

If you are unfamiliar with Campbell's work you might wrongly assume that he's just a masculine pretty boy. But if the ghost of Tennessee Williams was lurking around the Jungle Theater in 2010, Campbell's portrayal of the iconic role of Tom in *The Glass Menagerie* would have pleased him.

Luckily, I was able to get an interview with the busy Campbell even though he was opening at the Guthrie and producing and directing *Failure: A Love Story* for the Minnesota Fringe Festival. He shared some thoughts on his Guthrie debut in which he sheds clothing at certain times and in what may well be Christopher Durang's best play yet.

JT: You play Spike in *Vanya and Sonia and Masha and Spike* at the Guthrie. He's in shape and buff. It reminds me that you played the lead in Theater Latté Da's *The Full Monty* which is about sexy male dancers. These are roles that show off—and I don't mean that negatively in any way—both your exceptional acting talent and your looks. I'll just be honest. You've got what it takes, as they say.

JJC: Ha! It's a bit scary and vulnerable to expose your body onstage, just as vulnerable as exposing emotions. I'm a former husky child so I've had to work to get fit. I love being active. Any exercise turns into a sort of meditation for me, or I can let my mind wander.

JT: The play is a kind of take off on the style of playwright Anton Chekhov and has Christopher Durang's signature wacky irreverent style. That must be something else to wrap your mind around!

JJC: Joel Sass is an amazing director and he was so great to work with in this show. He allowed us the opportunity to play. This show is very fun and we had to try 1,000 options for each moment before we figured out the correct option. Joel let us do that. He is very smart and created a fun room where we could explore and come up with crazy ideas and play.

I did hurt myself in a rehearsal once because I was playing a bit much. I was up on two chairs -if you've seen the show you'll know what moment I'm talking about- and I decided to try the "Jean Claude Van Damme leg split" by pushing the chairs apart with my feet. Well, I'm flexible, but not that flexible. I definitely pulled my groin. But I'm glad I got to play with all the fun physical choices in the play. Some of them are better left to Mr. Van Damme, however.

JT: Your character, Spike, has a very free view of sexuality.

JJC: Spike is a man who wants to be loved by all. He wants everyone to be attracted to him. What's great in his mind is it doesn't matter if that person is male or female. He is of a generation of straight men that don't mind if a man is lusting after him. It's not a weird or sexually deviant thing for him. It's just normal. It doesn't matter. This is a comedy, so Spike's character is a bit extreme and he actively needs to be lusted after. But we all know people like him. And I think it's great that he really doesn't care.

JT: And there's an older gay character in the play, Vanya, played by Charles Janasz.

JJC: Yes. And the homosexuality isn't treated in a revelatory way at all. The guy is just gay. It's talked about, and it's talked about why Spike is so flirty with him but it's not the crux of the play.

JT: Spike is continually teasing Vanya, baiting him with his good looks. Is this out of ego, or because he's been conditioned to exploit his beauty? Or what is it?

JJC: I don't think Spike is conscious of half the things he does. In my mind, Spike has grown up attractive and fit, very different from yours truly. People have always just given him things because he is good-looking. It doesn't make him a bad person at all. He just doesn't understand that he is getting more perks than the average person. He comes in with an air of confidence and people latch onto that. He gets a vibe that Vanya likes what Spike is working with, so he gravitates toward that. Spike wants everyone to find him attractive, so when Vanya show signs of liking Spike, he plays with it. Spike is working the room he's in, even though he's not conscious he's doing it! Charlie plays this perfectly. It's not gross or even mischievous. Vanya just likes looking!

JT: You and Candy Buckley as your middle-aged girlfriend feed off each other's wildness wonderfully. I also saw her in the Guthrie's *A Delicate Balance*. She really pushes limits.

JJC: Candy is wonderful. I'm so lucky to be working with her. She has worked everywhere! She came into the rehearsal room with bold ideas and that allowed me to create bold ideas as well. Candy is willing to "go there." She can somehow be completely crazy and zany onstage, but at the same time is entirely believable. It's very fun to watch. She makes me crack up all the time.

And the other actors are just amazing. They bring an openness and sense of joy to the room. An audience member doesn't have to know any Chekhov to see this show. These characters are so relatable. We know all of these people. The characters onstage are just a bit more extreme. Durang has turned these Chekhovian characters into a modern day dysfunctional family.

JT: Why do you go by your first, middle, and last name and not just your first and last?

JJC: It's what I was stuck with. I joined the actors union when I was 24 when I joined the cast of *Mamma Mia!* in Las Vegas. When you join you have to figure out an Equity name that no else has. There can be no two Josh Campbells in the union. I tried for Josh Campbell, Joshua Campbell, and Joshua J. Campbell. And they were all taken. Apparently mine is not a very original name! ■

VANYA AND SONIA AND MASHA AND SPIKE
Through Aug. 31
Guthrie Theater, 818 So. 2nd St., Mpls.
(612) 377-2224

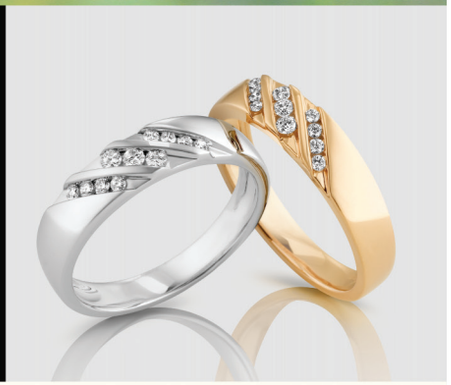


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Photo by Sophia Hantzes

HAS GONE OFF THE RAILS

Chris Kluwe has become a train wreck, and like all train wrecks, I can't look away. It pains me to write these words, and I kind of expect backlash from my own community. In fact, I do feel a bit ashamed that I don't have his back. After all, I'm a lesbian, and he's been a vocal ally for GLBT equality for years, and, maybe more importantly, I'm a die-hard, life-long Packer fan, and he's bashing the Vikings organization. Anything that reflects poorly on the Vikes usually gives me the giggles.

But I don't. Have his back, that is.

Kluwe has long claimed, since a January Deadspin article, that he was released as punter for the Vikings prior to the 2013 season specifically because of his gay rights advocacy. Look, I don't know whether that's the truth or not. Only the Vikings know that, and Chris Kluwe *thinks* he knows that. At the time of his release, I was disappointed, mostly because it was inspiring having a professional athlete that was both articulate and funny standing up for us right here in my adopted state. At the same time, he was quickly picked up by the Raiders and I thought he'd continue to enjoy an NFL career and give another GLBT community a much needed boost.

Actually, at first I thought the Vikes were ridiculous for letting him go, but I'm of the opinion that most actions they take are ridiculous. See: last year's quarterback circus. They've been making me laugh for years. That's why it's fun to be a Packer fan living in Minnesota. Yet, *my* favorite team's method of operation seems to be letting aging, pricey, talented veterans go in order to replace them with younger and cheaper players (Brett Favre and Greg Jennings, anyone?) and they have done pretty well by that game plan, if I do say so myself.

Then, Kluwe was cut by the Raiders post-training camp upon failing to live up to their expectations. A few months later came his now infamous Deadspin article, "I Was An NFL Player Until I Was Fired By Two Cowards And A Bigot" (January 2, 2014). Like most people, and especially those in the gay community, I was disgusted by the claims in Kluwe's article, especially coming so closely on the heels of our state's quest for marriage equality. More fuel for my long-held Vikings hatred. I was a bit surprised the article came so long after Kluwe's release from the Vikings, but he addressed that very concern in the column itself.

In damage control mode, the Vikings called for an investigation into their own organization. They hired former Minnesota Supreme Court Chief Justice Eric Magnuson and former U.S. Department of Justice Trial Attorney Chris Madel, along with two football experts, former punter Craig Hentrich and former NFL Player Personnel Executive Jerry Angelo to determine, among other things, whether Kluwe's claims of homophobia within the organization were true, and whether Kluwe's activism was the reason for his release.

They completed their investigation sent their report to the Vikings. Kluwe called a press conference.

And this is where the train began to derail. Really? A press conference? A flight from his home in California to the IDS tower in Minneapolis during baseball's All-Star week (read: a ton of press in town) to demand that the Vikings release the results of the investigation, because a little bird told him they might not?

Well, they did, press conference or not. Kind of. On Friday, June 18th, the Vikes release a 29-page "summary" report that painted both Kluwe and some of the Vikings staff in a very poor light. Among the findings:

- Special Teams Coordinator Mike Priefer made disparaging remarks towards the GLBT community, and is now being required to serve a three-game suspension without pay for the 2014 football season.
- Kluwe's athletic performance was in decline compared to previous years; he was getting older, and he was expensive (compared to a young draft pick).
- Furthermore, the report did not find evidence to support Kluwe's claim that he was released due to his advocacy. Perhaps most troubling, the report cited an example of Kluwe's own locker room behavior—cutting a hole in the bottom of his pants and pretending to be a Penn State rape victim toward his Penn State alumus strength and conditioning coach—as an example of Kluwe himself contributing to a negative, or less than ideal, locker room culture.

Post-summary report, Kluwe took to his favorite medium, Twitter, where he has 200k+ followers, to address the findings. Cue the train leaving the tracks.

The Penn State "joke"? Two consecutive tweets.

"Sure I gave my strength coach a hard time. Once. I made a joke about the Sandusky case, because he was a big Penn State guy." "Over half the team did it for over a month, including asking him if he 'raped any little boys lately,' repeatedly, in front of coaches."

The gay community's most articulate ally reverted to "well, everyone else was doing it" on the subject of child molestation. Uffda.

A barrage of tweets followed, including the following:

"Oooh, shall we talk about the time two very well known Vikings players were caught in a compromising situation with an underage girl?" "Bet you didn't hear about that one in the news. We can do this all day, Vikings. Special teams hears *everything*." "But we'll save all that for the trial. It'll be more fun that way."

C'mon man. Seriously? First of all—"fun"? For whom, the underage girl? Because you don't bring up something like that and use a victim as a pawn. Not to mention, what does this have to do with the GLBT community or the reason for your release, and why on earth are you only bringing this up *now*?

The fact of the matter is, this has nothing to do with the GLBT community, or Kluwe's advocacy on our part. It's become quite evident, and not because of the Viking's report (though Kluwe has since requested its release in full), but because of Kluwe's own words. Of course, every one of these events has led the public to think that Chris Kluwe cares less about changing the culture of the Vikings organization, and more about keeping attention and the spotlight on himself.

I honestly don't know if that's the case, but it's easy to see how people are coming to that conclusion. Whether he realizes it or not, he's making himself look bad, and the rest of us, by association. He's dragging us through the mud and doing more harm than good. People are jumping off the Kluwe bandwagon left and right. And I'm right there on the edge.

But he can fix it. If he really and truly cares more about GLBT rights as he claims, and about speaking up on our behalf, he only needs to do a few things. Namely,

1. Stop speaking about it. Specifically, tweeting. Tweet about anything else. Keep tweeting about video games. Tweet about Michael Sam. Tweet about other things you're doing for the GLBT community.
2. Quit holding press conferences. Press conferences are for the press, and the press exist to incite us, and we're the choir you're preaching to. The Vikings don't give two damns about the choir, though they probably care about being sued. And, if you are indeed suing, use that brilliant articulation in the courtroom, not in the court of public opinion.
3. Don't resort to mud-slinging. To "he said, she said." Especially about things that sound like felonies. Keep quiet, and let your lawyer do his work.
4. For once, let your actions speak louder than your words. Get out there and find another GLBT cause to support in your own local community. Volunteer at a GLBT center or with GLBT homeless youth. Teach them how to punt, or hold a football clinic. Let us see you in positive action.

I have empathy for Chris Kluwe, especially since he seems to have had empathy for us. I can understand a knee-jerk reaction to an investigation that didn't reveal what was expected. I, too, have "stooped" to a lower level in many an argument. The good thing is, every moment is an opportunity to rise above. Every second is an opportunity to show us where your heart lies. Show us that you truly have our back, Chris, and not just a desire for vengeance, and we'll have yours. ■

BAR & CLUBS | BAROMETER | BY GEORGE HOLDGRAFER

Town House Men's Night Debuts Vanwey and Hoehn

Dumont and Hague Move On to New Horizons

For more than seven years, the Town House bar in St. Paul has featured Men's Night every Monday from 10 p.m. to 1 a.m. in the Lounge. Now, the popular event is welcoming two new staff members and acknowledging their two predecessors for many years of exceptional service.

Nate Vanwey, the new bartender, and Thor Hoehn, the new DJ, join longtime majordomo "Father" Chris. Vanwey, a familiar face in the St. Paul bar scene, was Mr. North Star Gay Rodeo Association (NSGRA) 2009. He begins bartending at Men's Night on August 11. Hoehn already has been DJing at the Town House since earlier this year with his mix of dance and house music.

Veteran bartender Trenton Dumont and DJ Kevin Hague, who together established Men's Night at the Town House in 2007, are both moving on. Originally from Montana, Dumont is relocating to Seattle, Washington, to be closer to his family. The Town House is hosting a party for him on Sunday, August 10, starting at 3 p.m.. Hague, who experienced some serious health complications last December but is doing fine now, is exploring new options as well.

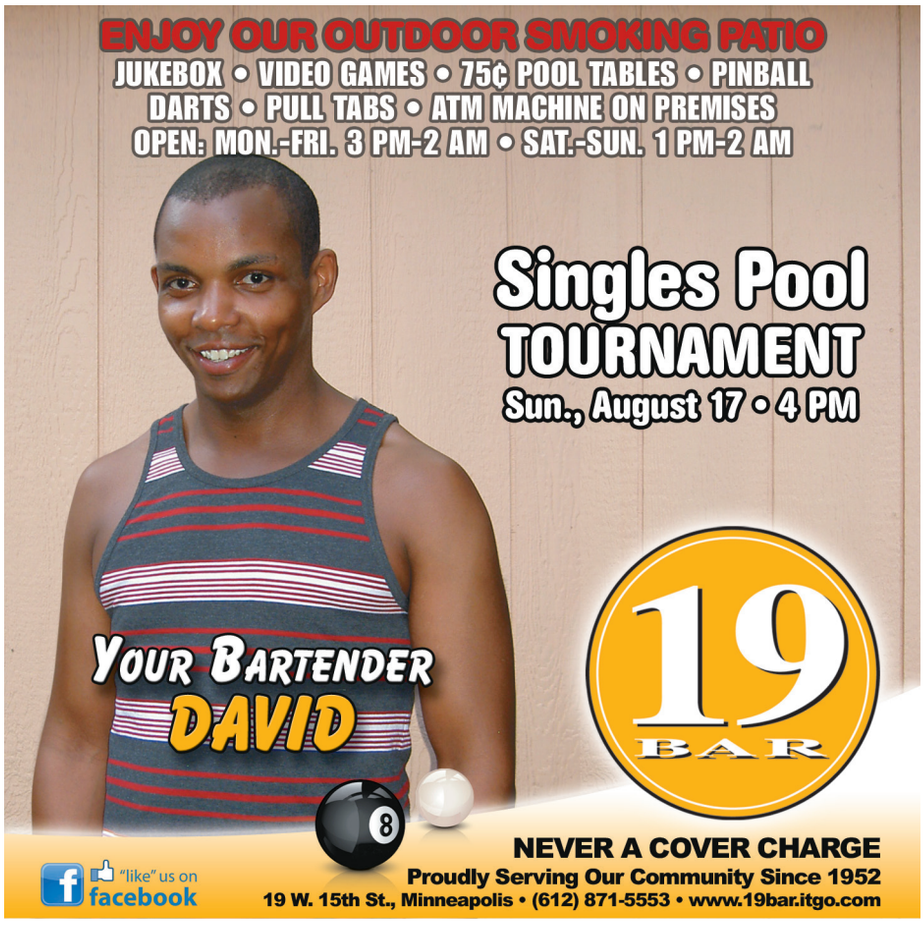
Men's Night creates the perfect ambience each week. Awesome male dancers get up close and personal with customers in the intimate setting. Erotic but nonsexual male videos screen above the fireplace in the Lounge.

So, don't miss one of the hottest occasions for gay men in the Twin Cities. Plus, there's no cover for such a sizzling time! ■



Thor Hoehn, Nate Vanwey, "Father" Chris, Trent Dumont.
Photo by George Holdgrafer

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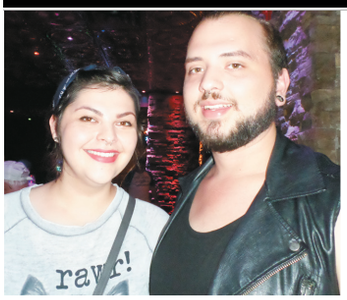
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> GAY 90'S

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Senior Living

MINORITY STRESS

GLB VETERANS AND MENTAL HEALTH

BY SHANE LUECK

In 2011, the United States Military repealed its "Don't Ask, Don't Tell" policy that prevented gay, lesbian, and bisexual service members from disclosing their sexual orientation. Current estimates indicate that more than 1 million veterans identify as gay, lesbian, or bisexual (GLB). Now, a University of Missouri researcher says these service members and veterans often are marginalized and may benefit from mental health professionals, including social workers, who are informed about the needs of individuals who identify as GLB.

Although his findings do not generalize to each individual (meaning that each person has their own interpretation of their personal experience—and it's important to honor that), the research shows that many people who identify as GLB experience higher levels of mental health symptoms, such as anxiety and depression, in response to environmental stressors that are associated with identifying as a sexual minority. Researcher Michael Pelts, from the MU College of Human Environmental Sciences, refers to this as "minor-



ity stress." Pelts says this can manifest in any environment where GLB individuals do not have equal access, are treated differently, or are at risk of being treated differently because of either real or perceived sexual orientation.

Pelts gives one very real example: Think of serving in the military prior to 2011, when Don't Ask, Don't Tell (DADT) was still law. Between 1995 and 2010, almost 14,000 GLB military members were discharged due to sexual orientation who are now military veterans. When they were in the service they could be discharged because of their sexual orientation. Whether actually discharged or always under threat, by law, their entire career would end if they disclosed, intentionally or not, their sexual orientation.

"Identifying as GLB and serving in the military can provide a distinct set of experiences and challenges for individuals," Pelts says. "Within the U.S., identifying as a service member or veteran can marginalize individuals. This is also true for people who identify as GLB. The impact may be compounding. For example, suicide has a high occurrence rate among veterans and even more so among veterans who identify as GLB."

In attempts to explain this phenomenon:

The truth is, regardless of sexual orientation, societal response to veterans has been different at different times in history. Society does not always value veterans. Pelts cites reports that show this was especially noticeable after the Vietnam War when returning soldiers were not always held in high regard. Reactions to combat experiences and stigma expressed as negative attitudes toward service can have negative effects for some veterans. The impact may manifest in many ways. For example, compared to non-veterans, veterans experience higher rates of homelessness. Additionally, service members and veterans of recent wars experience significantly higher rates of suicidal ideation and suicide when compared to non-veterans. Adding in sexuality as a factor, non-veteran GLB people also experience significantly higher rates of suicidal ideation and suicide than heterosexual counterparts. If an individual identifies as both veteran and GLB the impacts of marginalization can be compounded: GLB veterans experience even higher rates of suicidal ideation and suicide.

With such powerful statistical information, why then are GLB veterans seeking mental health care services outside of Veterans Affairs? Many veterans, in general, seek and receive their care for both physical and mental health needs outside of the VA Healthcare system. According to Pelts, some reports show that as many as 75% of veterans receive their care outside of VA. One of the primary reasons for this is limited VA capacity. As a result, it is likely that every provider of mental health services will, at some point, encounter veterans in their practice, whether that be a private or public practice. It is also likely that a number of those veterans will identify as GLB.

"Social workers in the public and private sectors make up the largest group of mental health service providers to veterans and their families," Pelts says. "It is likely that social workers will continue to see current and new generations of veterans struggling with their sexual identity and with the impact of internal and societal stigmas related to identifying as GLB. Therefore, mental health professionals need to be equipped to care for members of this population."

In order to better equip themselves, Pelts says that social workers and other mental health providers should challenge their cultural assumptions when treating clients who are veterans or service members. "It's not ethically sound practice to assume that all service members and veterans are heterosexual. Assuming individuals are heterosexual can compound stress for GLB individuals and make them less likely to share information, which can make it more difficult for health professionals and mental health providers to provide adequate care."

Pelts said health providers should adopt practices to be more inclusive to veterans who identify as GLB. Part of increasing inclusivity includes simple changes such as modifying medical history forms and intake documents. By going about the simple task of using more inclusive terminology, individuals who identify as GLB may feel less alienated.

Pelts cites previous research that shows GLB people use the services of mental health providers at rates higher than non-GLB people. Reports also show that one of the primary reasons GLB people seek the assistance of a mental health provider is in response to societal stigma related to identifying as a sexual minority. Reaching those individuals in service delivery can be facilitated by practicing in a manner that does not assume all patients are heterosexual. Referred to as "affirming practice," a practice that does not assume heterosexuality and is informed about the needs of GLB clients can extend beyond the individual client. Pelts gives the example that now military members can serve openly and the military recognizes marriages of same-sex couples. An affirming practice may reach the child of a same-sex couple who wishes to discuss the parents' sexual orientation. An affirming practice may also reach family members and friends of GLB veterans who do not understand minority sexual orientation.

"It is essential for mental health professionals to create culturally competent practice approaches," Pelts said. "Social workers have a tremendous opportunity, if not ethical responsibility, to be leaders in the provision of mental health services for GLB service members, veterans and their families."

However, Pelts says that the future needs of mental health for GLB service members and veterans is somewhat unknown at this time. With the repeal of DADT, GLB service members are able to be open about their sexuality, and the needs of of veterans who have been closeted their entire military career could likely be different than those who can serve openly. Pelts says, "The repeal of DADT went into effect in 2011, so this issue has not been explored yet. This is an issue that we will look at more closely as more service members and veterans serve openly over time."

Further research also needs to be done regarding transgender individuals, Pelts says, urging that understanding the experiences of transgender military members and veterans is also important. "The repeal of DADT allows GLB service members to serve openly; however, the same protections have not been extended to transgender people," he says. "The experiences of sexual orientation and gender identity are separate constructs that warrant separate research. Using the same data, we are currently looking at the same information related to transgender individuals and will be sharing that soon." ■

Michael Pelts is the author of "Veterans Mental Health: Implication for Services With Gay Men and Lesbians Who Have Served," published in Social Work in Mental Health.

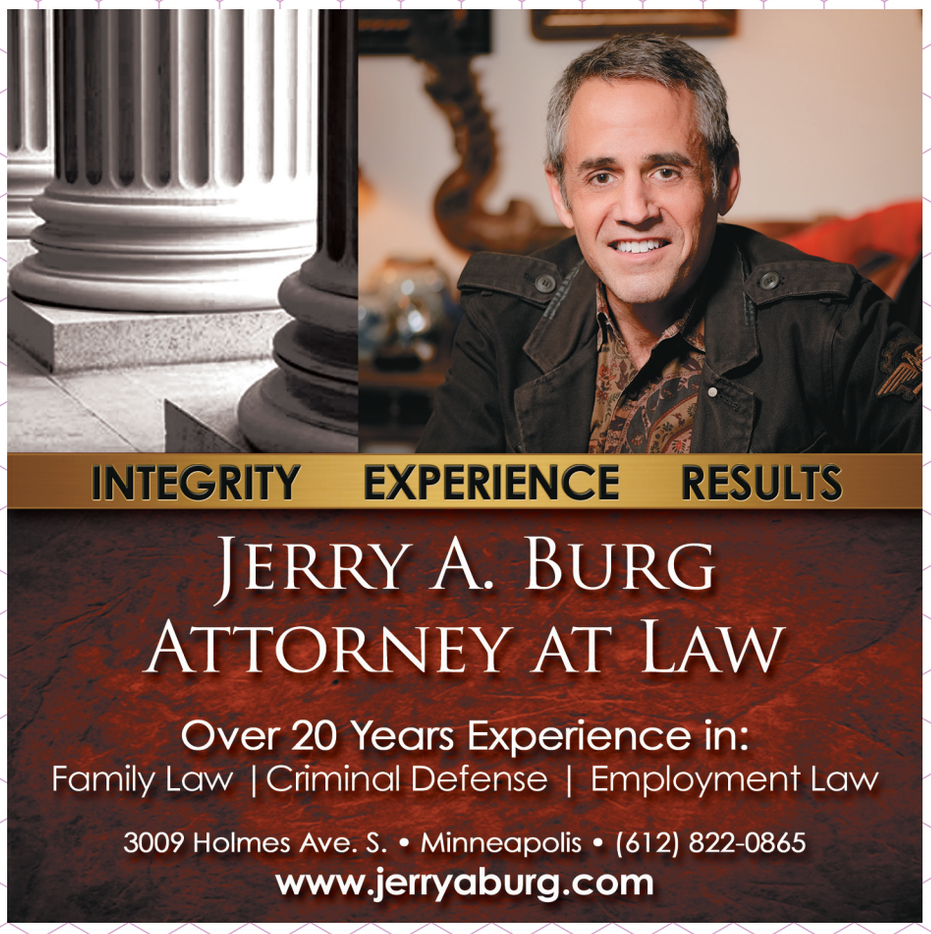
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MINNESOTA LYNX PARTNERSHIP. Twin Cities Quorum is pleased to be the "Non-Profit of the Game" for the Lynx's last regular season game on August 16th. Show your support for one of Minnesota's finest professional teams and for Twin Cities Quorum by joining us for our networking night at the Lynx! As part of our partnership, Quorum is able to offer discounted tickets on our website for the first 90 people to sign up. The tickets retail for $44.00 and we are selling them on our website for $28.00! Come cheer on the Lynx for their last regular season game before they head for the play-offs, and help Twin Cities Quorum make our presence known in front of 6,000 fans. Tickets can be purchased at www.twincitiesquorum.com/events.





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People have been telling the stories of their history since the dawn of time; one doesn't need to look further than the paintings on a cave wall to find that this is true. Within biological or legal families, we are often told our history as a way of creating identity. We grasp on to, for example, national heritage and trace the family tree back for generations. In the GLBTQ community, however, there isn't a family tree to search through public records for information. Much of that history isn't written as it was once taboo and under the table.

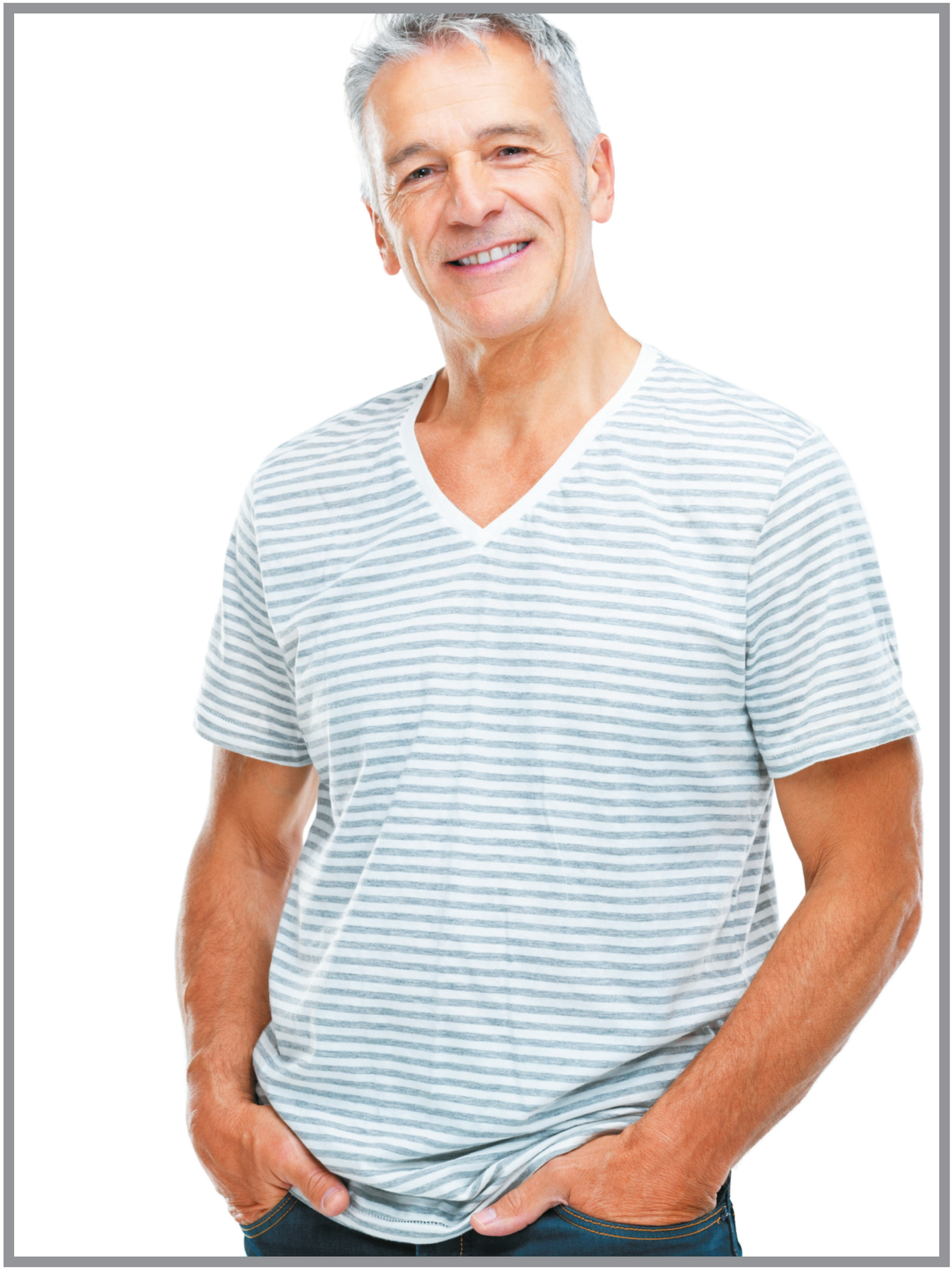
GOING DOWN IN HISTORY

BY SHANE LUECK

"My nuclear family often relates family history through storytelling. With my queer family and community, that tradition of passing along knowledge is not developed," says Rebecca Lawrence, the founder of Telling Queer History. "Queer people often feel isolated, even in cities like Minneapolis with lots of organizations focused on LGBTQ lives, because we struggle to find our lineage, people like us, or feel like we are the first ones in the fight. We have so much history that is buried by homophobia and/or shame that it is important to tell our current, personal histories and how they relate to past histories." The same sentiment rings true with the group's participants. Rosanna Hudgins, a featured speaker for TQH's last meeting, shared a saying that she uses often: "If you don't know where you come from, you don't know where you stand and you're likely to repeat old mistakes." The need is there for members of the GLBTQ community to share their otherwise unheard personal histories in order to create a collective history.

Telling Queer History (TQH) is a series of gatherings based on sharing stories in an open, informal, and participatory format meant to connect queer communities, queer history, and generations. Following the introduction of a featured speaker, participants break into small groups to share their own stories before coming back together as a large group to share insights and highlights from their discussions. In the past, featured speaker topics have ranged the gamut from race, class, and privilege, to organizing in communities of color.

Lawrence started the group out of desire to connect to the collective queer history while working on the marriage amendment campaign. "I felt a divide between my 'queer



community' and the LGB and allies that worked on the campaign," she says. "I wanted to know more about why some people have been fighting for marriage and others put their efforts toward other things."

The idea gained speed in December 2012 during the Equality and Justice Summit as Lawrence heard her uncle, Dan Hawkins, share about his experience losing so many of his peers during the 1980s HIV/AIDS crisis. She says, "I realized how much history was lost with those lives and how much was shaped by that loss."

Hudgins echoed those sentiments, citing that it's too important that we hear and share our history. As a community organizer herself, Hudgins reminisces about the great work done in the GLBTQ community "back in the day." She says, "I don't think that a lot of the progress we've made so far would have been possible without the efforts made then. And the story is sadly incomplete. The activism by GLBTQ people of color is greatly under represented. There are some who are being heard from now, but it's been a slow process to record and preserve this history."

After capturing unique images at the moment of victory inside the staff room with Minnesotans United For All Families, Lawrence was invited to archive the images at the Tretter Collection. A tour of the collection in January of 2013 cemented in Lawrence the need to learn and share more GLBTQ history with a wider community. A project such as this is clearly near and dear to the people behind the Tretter Collection, as they were co-sponsors (along with Twin Cities Pride) of YesterQueer, a smartphone app that maps out local GLBT history. Now, meeting regularly (the second Sunday of every month), TQH operates as an independent, volunteer-driven gathering, resulting in various locations with Madame of the Arts and Quatrefoil Library as TQH's mainstays.

The true crowning glory of the gatherings, however, are the wide range of participants. Averaging 25 to 35 attendees, people represent a spectrum of ages (anywhere from age 16 to 70), genders, cultures, sexuality, etc. Lawrence assures that there are constant efforts to engage multiple communities. "Our goal with these gatherings is to have people who wouldn't have a space to share, do that here," she says. "Our common identity is under the queer/LGBT umbrella but sometimes that is all we share, until we start telling our histories. Once we share our histories, we often find commonalities we didn't expect to exist."

Sharing these personal histories is, no doubt, a touchy subject, but Lawrence puts any nerves at ease. With a certain level of confidentiality, attendees can be confident in knowing that what they share with the group will remain in the room, but Lawrence points out a distinct difference: what is learned may be shared, just with the absence of personal stories.

She also notes that allies in the community shouldn't shy away from attending the gatherings either. Every event publicity states: "Allies are welcome to join, listen and volunteer. Hearing our stories is a great way to be an ally, allowing and assisting us in having the space to tell our stories is a way to be an advocate."

To stay up to date with Telling Queer History's meetings and announcements, like the Facebook page (www.facebook.com/tellingquistory) or contact Rebecca Lawrence rjlawrencephotography@gmail.com. ■









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Senior Living



In the 1990s when I first started talking with friends about aging, I'd often get yawns or quizzical looks. Some folks would make a joke about the "old lesbians' home" and occasionally, a theoretical conversation about buying a large Summit Avenue home for communal living and shared expenses. Old age was far away and hard to consider. However, today it is staring us in the face and I find it is much easier to sustain conversations about "next steps", retirement plans and getting ready.

READY OR NOT,
WE'RE ALL GETTING OLDER…

BY CATHY CROGHAN

Fortunately, the Twin Cities have a variety of resources to help GLBT older adults get ready to age successfully. Many take their rationale from the findings of the 2002 and 2012 Twin Cities GLBT Aging Needs Assessment Surveys (www.pfundonline.org/reports.html), which found that the majority of respondents:

- preferred using service providers that had GLBT sensitivity training
- preferred aging services that were GLBT-welcoming rather than GLBT-specific
- preferred GLBT-specific support groups

The 2012 report also found that GLBT older adults compared with the larger Twin Cities community were:

- Nearly twice as likely to be a caregiver
- Less likely to have a caregiver
- Half as likely to have children
- More likely to have completed a health care directive
- More likely to live alone
- Nearly twice as likely to be a community volunteer

And, less than one in five believed they would receive sensitive care if their GLBT identity were known.

Both local and national research demonstrates that most GLBT older adults are aging well. However, pockets of risk remain in our community. GLBT older adults have high levels of self-reported poor general health, disability, and mental distress compared to the heterosexual population. The older transgender population experiences even higher rates. These disparities combined, with greater isolation resulting from living alone and aging without adult children, point to the necessity for each of us individually, and for our community as a whole, to get ready to successfully age.

So what are we doing to get ready?

PROVIDER TRAINING

The 2002 needs assessment survey told us the community wanted providers that had been trained on working with GLBT clients. Other research found local senior service providers did not feel confident working with GLBT clients. In response, representatives from the Metropolitan Area Agency on Aging, University of Minnesota, GLBT community members, and the Minnesota Department of Human Services helped to develop Training to Serve (TTS), an organization dedicated to providing education, tools, and resources to improve the quality of life for GLBT people as they age. To date TTS has trained more than 4,000 senior service professionals on working with GLBT clients (www.TrainingtoServe.org).

CAREGIVER SUPPORT GROUP

The needs assessment also indicated a community preference for GLBT-specific support groups. Wilder Caregiver Services is currently designing a GLBT Caregiver's Group and invites GLBT caregivers and those passionate about GLBT caregiving and aging to join them in co-creating this group. Next planning sessions are August 4 & 25, 5:30 p.m., at Wilder Center, 451 Lexington Pkwy., N. St. Paul, MN 55104. For more information, contact Kirsten Johnson at kirsten.johnson@wilder.org, or 651-280-2492.

HOUSING

Some things just take time. Housing is certainly one of them. Fourteen years after it was first discussed in a Spirit of the Lakes UCC discussion group, the Spirit on Lake affordable apartment community opened its doors. This beautiful new construction is open to all, welcoming to GLBT elders, and located in Minneapolis on the corner of East Lake Street and 13th Ave. S. To learn more, contact Kathleen Tully at ktully@premierhousingmanagement.com or go to www.premierhousingmanagement.com.

MEDICARE INFORMATION SESSIONS

Is Medicare in your future? Need more information? Check out the individual counseling sessions held at Quatrefoil Library on Medicare and other health insurance options. To make an appointment, call the Senior LinkAge Line at 800-333-2433. These sessions are offered through Quatrefoil's *Aging Out at the Library* program (www.qlibary.org) in partnership with the Metropolitan Area Agency on Aging. Note: Quatrefoil Library is located on the first floor of the Spirit on Lake apartment building (see Housing above).

FRIENDLY VISITING

Need a visitor to brighten up your day? Looking for a volunteer opportunity? Check out the friendly visiting opportunities made possible through a partnership between Prime Timers and Little Brothers - Friends of the Elderly, and partially funded by the Greater Twin Cities United Way and PFund Aging Initiative. You can learn more at: info@littlebrothersmn.org, www.littlebrothersmn.org, or call 612-721-6215.

BOOMERTOWN AT PRIDE

Twin Cities Pride now has a dedicated area in Loring Park that specifically caters to the interests and needs of GLBTQ Seniors at Pride. Organizations at 2014 Pride included AARP Twin Cities Pride, Little Brothers – Friends of the Elderly, Prime Timers, Ebenezer Homes, Jewish Family Service of St. Paul, Metro Meals on Wheels, MNsure, Metropolitan Area Agency on Aging, Right at Home, Store to Door, Training To Serve, and Volunteers of America/RSVP.

INFORMATION AND ASSISTANCE

We have two great resources at our fingertips. www.MinnesotaHelp.info is an online directory of services designed to help people in Minnesota find health care providers, human services, information and referrals, financial assistance, and other forms of help, and includes GLBT headings in its database. The Senior LinkAge Line at 800-333-2433 is a one stop shop for Minnesota seniors including information about programs, services and supports for long term care options counseling, insurance and Medicare, and much more. Both of these resources have trained their staff in working with GLBT older adults.

As a public health nurse working on GLBT aging, I am often asked to make referrals to GLBT-welcoming resources. For many years, there was not a good answer. While there were welcoming individual staff members within larger organizations, there was no way to identify whole organizations that were safe and

CONTINUED ON PAGE 48

welcoming options for GLBT older adults and their families. Times have changed. Our community has done, and is doing, the hard work of getting ready for the rapidly expanding aging population

When you read through the resources mentioned above, you see a long list of main-stream, well-known organizations (e.g., Greater Twin Cities United Way, Metropolitan Area Agency on Aging, AARP Minnesota, Wilder Foundation) partnering with the GLBT community to make welcoming services available. These are groups with long histories, deep resources, and a genuine interest in seeing all Minnesotans age successfully. Part of getting our community ready for aging is finding out who is doing the work of preparing the larger community for aging and asking to be included. So far, we appear to be doing a good job on this.

In closing, you may remember that the 2012 needs assessment survey found our community members volunteering at a rate twice that of the larger Twin Cities population. Let's harness that for good. Find a place to get involved. For those of us on the older end of the spectrum, volunteering helps reduce isolation, one of the greatest hazards of aging. In helping others, you will help yourself get ready for successful aging… Ready is better. ■

BE AN INFORMED CONSUMER OF AGING SERVICES

Welcoming and respectful services for lesbian, gay, bisexual, and transgender (GLBT) older adults can go unnoticed and unused simply because of fear or uncertainty. A 2012 survey of Twin Cities GLBT older adults showed fewer than one in five believed they would receive sensitive services if a provider knew they were a member of the GLBT community.

Training to Serve (www.trainingtoserve.org) developed the 2014 Twin Cities Metro LGBT Aging Resource Guide to help an older adult, a family member or friend, or a professional navigate the system and find GLBT-welcoming services. The Resource Guide has more than 28 service provider categories, including adult day services, community activities, help at home, housing, legal assistance, transportation, and more. Providers listed in the guide completed a survey attesting to the inclusiveness of their services. The Guide is not meant to endorse or guarantee the sensitivity of any provider. But it is a first step in helping the GLBT community become more comfortable and informed consumers of aging services.

Part of being an informed consumer is knowing the right questions to ask and what to look for when interviewing a potential service provider for specific needs. The Resource Guide makes the following suggestions:

Ten questions to ask service providers:

1. Do you include GLBT (sexual orientation and gender identity) in non-discrimination policies?
2. What is your experience working with GLBT older adults or families?
3. I wish for my partner and/or friends to be part of my support team. How will you work with them and keep them informed?
4. Does your residential or nursing facility allow same-sex and/or non-married couples to live together? Do you help place transgender older adults with roommates?
5. What training do you provide your staff on GLBT issues?
6. Do you maintain a list of GLBT-friendly providers to whom you refer?
7. How will you maintain client confidentiality?
8. What is your grievance policy for handling complaints from clients?
9. Are you willing to work with my other providers?
10. Do you belong to or support GLBT organizations?

Five things to look for when visiting a service provider:

1. Rainbow flag or other GLBT-welcoming artwork
2. GLBT magazines in the waiting room
3. GLBT couples in brochures or other marketing materials
4. Inclusive, welcoming or affirming statement displayed
5. Advertisements in GLBT magazines

The Resource Guide is available free of charge thanks to financial support from PFund Foundation, Greater Twin Cities United Way, and Training to Serve donors. Find it online at www.trainingtoserve.org/guide or pick up a copy at Quatrefoil Library on East Lake Street in Minneapolis (www.qlibrary.org). ■

Cathy Croghan is a geriatric community health consultant, researcher, and public health nurse. She frequently publishes and speaks on topics related to elder health and safety. Cathy co-founded and currently serves on the Training to Serve Board of Directors.

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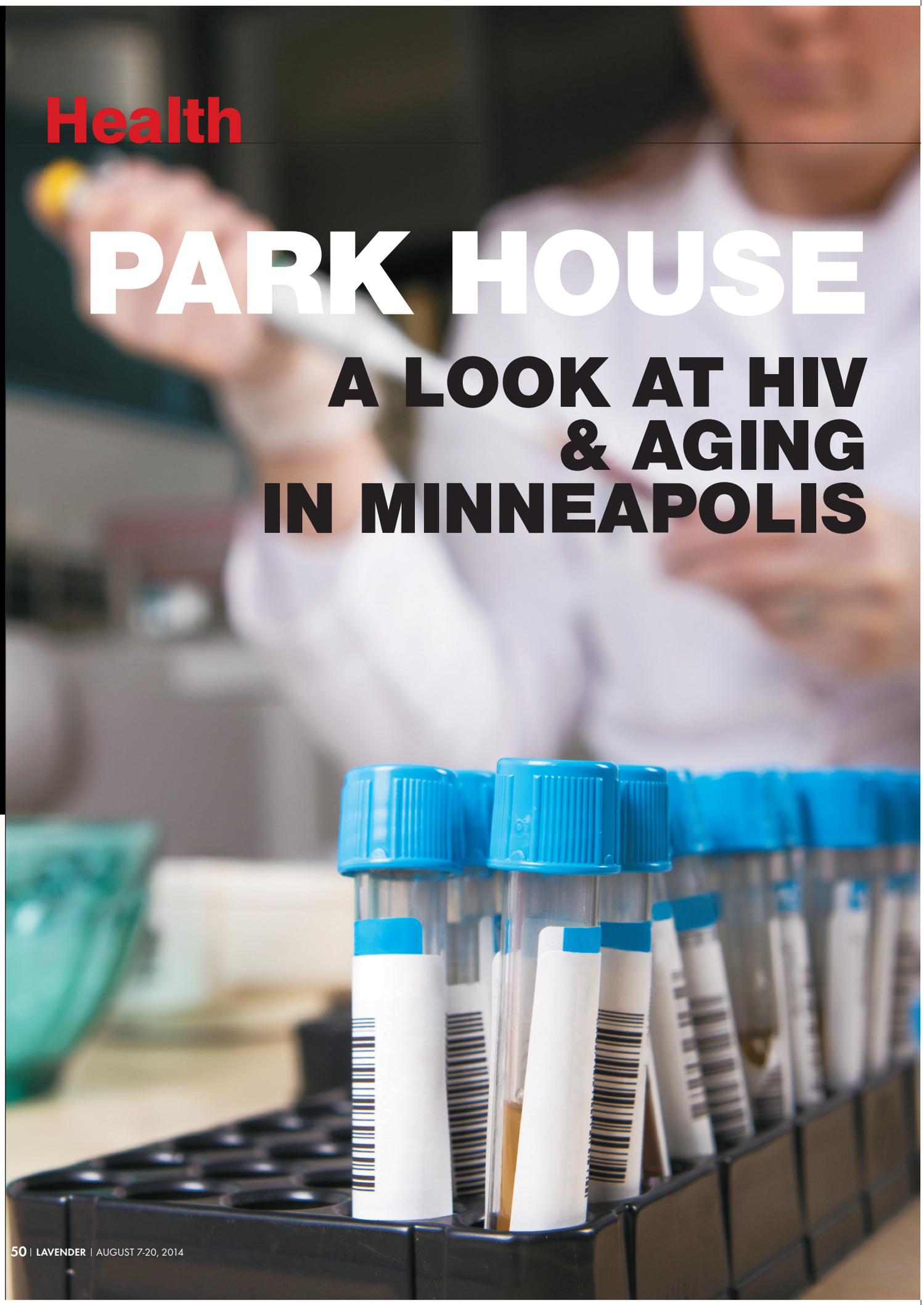
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Health

PARK HOUSE

A LOOK AT HIV & AGING IN MINNEAPOLIS



The "look" of HIV has been changing throughout the 30-plus years that we have been confronted with this disease in the U.S. It has gone from being perceived as a scary illness, killing young gay men, to becoming a chronic illness that can affect any human. It is that chronic nature of the illness that we are dealing with currently. Park House, an achievement center for adults living with HIV/AIDS and mental illnesses, offering psychosocial daytime programming, opened on World AIDS Day, December 1, 1996. Park House opened as a daytime respite center for individuals too ill to be at home alone all day. It was in 1996 that advanced anti-retroviral treatments to fight HIV/AIDS came on the market. The deadly nature of the disease was quickly reversed.

Soon, we were seriously talking about people *living* with HIV/AIDS and not *dying*. There was no longer a need for respite care. Park House staff was witnessing a dramatically positive change in the physical health of our clients. We were, however, seeing a serious issue with our clients' mental and emotional health and switched our services to mental health care delivery. We were dealing with isolation, depression, substance abuse and other persistent mental illnesses. Park House continues to provide mental health support to our clients empowering them to live independently by maintaining adherence to their medication regimens and working toward self-defined goals aimed at self-motivation and personal growth.

Currently, 58% of Park House clients are over the age of 50. By 2015, it is expected that 50% of HIV infected people will be aged 50 and over. Based upon Centers for Disease Control and Prevention HIV/AIDS surveillance categories, persons aged 50 and over who are infected with HIV are deemed to be older adults.

50 years of age is considered "older" because:

- HIV infection may "accelerate" the aging process
- Evidence of earlier onset of age-related disease states
- HIV is associated with non-AIDS comorbidities such as diabetes mellitus and coronary heart disease, depression, non-AIDS cancers, and so forth
- Complex cases of cognitive impairment associated with chronic, HIV-driven inflammation of the aging brain

Park House clients have been dealing with what we term the "early aging" effects of HIV for some time. Many Park House clients also live with diabetes, high cholesterol, arteriosclerosis, diminished brain functioning, and more. These added complications can result from the advancement of the HIV disease in their systems and possibly as side effects of some of their medications. At any rate, these conditions impose physical restrictions as well as adding to our clients' emotional stress.

Park House staff work diligently to offer programming that teaches and encourages the clients to maintain healthy, active lifestyles that will help them to cope with their physical stresses. Exercise, nutrition, smoking cessation, creative arts, spirituality, and writing are all promoted as effective strategies to maintain physical and mental health.

Park House clients are above 90% compliant with their HIV medication regimens and most clients maintain an undetectable viral level. This is excellent for their own long-term health and, by all standards, means that they pose a very low risk of passing the virus on to other persons.

Living long term with HIV, however, continues to present emotional stressors including ongoing concern about long-term health issues, ability to continue independent living, and confronting HIV-related stigma.

What seems to work best for Park House clients is staying involved in the community and just staying active overall. Establishing short- and long-term goals for themselves is a part of the Park House program. Each day they attend Park House, they specify a goal that they are working to achieve. They are deciding each day to live well with HIV.

There are opportunities for available for "older" individuals living with HIV/AIDS to participate in a wide variety of social activities with their families, through their faith communities, with their friends, and certainly through the various HIV/AIDS service organizations that offer a wide spectrum of things in which they can get engaged.

One of the "Positive Pedalers" on the recently completed 12th Red Ribbon Ride just turned 50. He has been an avid AIDS rider on many, many AIDS rides around the country. He rides to raise awareness about HIV/AIDS and to raise funds to support AIDS services. I am guessing he also rides to maintain his own physical and mental health and I am confident he will be doing AIDS rides until there is no longer a need to fight AIDS.

Park House was founded in 1996 and is one of only six programs in the U.S. providing day health services for people with HIV/AIDS. Find more information at www.allinahealth.org/ahs/anw.nsf/page/park_house_home

Health

CRITICAL HIV ISSUES FOR OLDER ADULTS:

- Seniors often consider themselves at low risk for infection, generally lacking up-to-date information, resulting in high-risk behavior.
- After menopause, women no longer worried about getting pregnant are less likely to use a condom. Some women have vaginal dryness and thinning and are more likely to have small tears and abrasions during sex.
- Aging lesbians and bisexual women are more likely to have sexual histories involving HIV-positive men, followed by high-risk behaviors with current partners, including oral sex without a protective barrier, sharing sex toys without a protective barrier or disinfecting them after use, and sexual play involving the potential exchange of vaginal fluids.
- Although they visit their doctors more frequently, older Americans are less likely to discuss their sexual habits or drug use with doctors, who in turn may be less likely to ask older patients about these issues.
- Lack of communication with a doctor results in many older adults seeking care during later stages of HIV rather than an early diagnosis.
- A higher risk of developing age-associated comorbidities, such as heart and liver disease, certain cancers, bone loss, and depression.
- HIV and its treatments can sometimes accelerate the progression of these age-related conditions, similarly aging and age-related conditions may speed up HIV progression.
- HIV symptoms (fatigue, weight loss, dementia, skin rashes, swollen lymph nodes) are similar to symptoms that can accompany old age and are often overlooked.
- Many live in isolation because they are afraid to tell family and friends about their illness. They may have more severe depression than younger people and are less likely to seek out support groups.

**Information adapted from lists put out by the National Resource Center on LGBT Aging, United States Centers for Disease Control, and the National Institute on Aging.*

HIV AND OLDER ADULTS: FACT VS. FICTION

Older adults are not at risk for HIV or AIDS. False. The rates of HIV/AIDS among older adults 50 and over have increased more than 61% from 2001 to 2007. Research shows that by 2015, older adults will become the majority of all people living with HIV/AIDS.

Older adults are not sexually active. False. Research shows both heterosexual and GLBT older adults are sexually active well into their mid-80s, with a 2007 national study showing 53% of adults age 65-74 and 26% of adults age 75-85 as being active with one or more partners.

Older adults are less likely to be tested for HIV/AIDS than other age groups. True. Older adults are less likely to be tested because they are not perceived to be at risk due to a common, but mistaken, belief that older adults are not sexually active.

The level of knowledge about HIV/AIDS transmission, risk, and its effects is uniform across age groups. False. A 2009 national study found that older adults ages 50-65+ had the most misinformation about how HIV can be transmitted.

An older adult who recently contracted HIV has the same health needs and concerns as someone who has been aging with the disease. False. Research and self-reported surveys show that newly diagnosed and/or infected people with HIV/AIDS report needing or seeking a case manager to navigate HIV/AIDS services and programs, as well as Medicaid Part D and understanding true out-of-pocket costs.

Transgender people's risk for HIV/AIDS is heightened because of stigma, transphobia, and discrimination. True. Studies show that transgender people experience high rates of discrimination and stigma, leading to lower self-esteem, higher rates of depression, and loneliness. This may make them more likely to engage in risky behaviors.

Older adults do not use intravenous drugs. False. Intravenous drug use is the second most prevalent method of HIV transmission and infection among those 45 years and older, at a transmission rate of 28% for women and 50% for men.

The symptoms of being HIV-positive or having AIDS are distinct and easily identifiable. False. In fact, diagnosing HIV/AIDS in older adults can be especially difficult because the symptoms are often mistaken for normal signs of aging.

After 30 years, the stigma of having HIV/AIDS has mostly disappeared. False. For example, 36 states have laws that criminalize HIV exposure, such as protected sexual contact between two consenting adults.

Older adults living with HIV/AIDS are thought to experience a "double stigma" of being both old and HIV/AIDS positive. True. Research shows that ageism as well as the discomfort surrounding HIV/AIDS is especially heightened among older adults. For older adults with HIV who are also GLBT, the stigma and discrimination is often even more magnified because of homophobia and transphobia. ■

**Information adapted from lists put out by the National Resource Center on LGBT Aging, United States Centers for Disease Control, and the National Institute on Aging.*

ACTINIC KERATOSIS

is a potentially precancerous skin condition. Many Fair Skinned Americans over the age of 40 have actinic keratosis (AK).

The Minnesota Clinical Study Center is conducting a clinical research study using an investigational topical solution with Blue Light for actinic keratosis.

To qualify you should have 4 AK's on your hands or forearms. Dr. Steven Kempers, a board certified dermatologist, can tell you if you have AK and if you qualify to participate in this study.

Please call the Minnesota Clinical Study Center for an evaluation. All study related visits are provided at no cost.

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Health



THE SALT SECRET
TOTAL SENSORY THERAPY

We've all experienced that glorious moment when suddenly the ability to breathe is restored as our sinuses drain after suffering through a cold or flu bug going around. What if there were a way to experience this euphoria naturally, without the assistance of drugs? The total sensory experience known as salt therapy is an age-old alternative therapeutic remedy to treat many respiratory ailments.

Scott Wertkin, the owner of The Salt Cave (Minnesota's first therapeutic salt cave), stumbled on the idea of salt therapy somewhat randomly. While on vacation with his wife, Wertkin was watching television and saw a news story regarding salt therapy and its benefits. Salt therapy (also known as halotherapy), has been used for centuries to alleviate symptoms of asthma, allergies, respiratory problems, anxiety, and other ailments along with skin benefits.

Having both suffered from sinus issues, Wertkin and his wife began researching, talking to other people, and looking at other caves around the US. "I mean, really, my wife and I couldn't get it out of our minds," he says. "We kept trying to find out as much informations as we could and, as we continued, it just seemed more tangible and more realistic and something that would be beneficial."

You'll notice the difference in the caves compared to other treatment centers immediately. Your bare feet slide across the pebble-like floor covered with 4,000 pounds of Himalayan salt crystals. The walls around you are lined with pink and orange-hued bricks of salt. As you slide into one of the zero-gravity chairs, you hear soft, soothing sounds streaming from overhead speakers. As you relax and your breathing slows and deepens, you inhale air pumped with pharmaceutical-grade salt. After a few minutes, you touch your tongue to your lips and taste salt.

The Salt Cave is a one-of-a-kind place designed to promote and support relaxation and general wellness. The walls and floor were constructed by hand using more than six tons of pure Himalayan crystal salt, and the air in the cave is treated by a specialized halogenerator, which infuses the air with a dry aerosol containing tiny particles of pharmaceutical grade salt.

According to Wertkin, clinical studies have shown that when people inhale this type of salt air, it can help to stimulate the natural ability of their respiratory system to reduce inflammation, fight infection, clear blockages, and reduce discomfort. Visitors typically spend each 45-minute session relaxing in a comfortable zero-gravity recliner. Alternately, special group sessions might include yoga/meditation or storytelling for kids. In all cases, the primary source of respiratory benefit is the inhalation of the cave's specially treated salt air.

Experiencing The Salt Cave, Wertkin says, is unlike any other. "There really isn't a place that encourages you to sit in the dark and try to meditate and breathe," he says. "There are forms of yoga that are really focused on breath and relaxation, that would be the closest, but that involves some movement. But in this, you're stationary."

Stationary? Yes, while the cave offers yoga and other, more active, sessions, the primary ideology behind The Salt Cave has become relaxation and meditation. "I think people need help meditating; people aren't going to do it on their own. It's like exercise, you need the push," Wertkin adds. "As we've evolved the meditation and relaxation, the stress piece has become a little more important. At first I didn't want it to be relaxing. I wanted to make sure there was no placebo effect; I wanted to be honest with people and make sure it was valid. Over time I've witnessed how difficult it is for people to relax—that negates the placebo. Really relaxing yourself is hard. People will nap, but that's not meditating."

Any interested visitors shouldn't be deterred; nearly everyone is able to take in the benefits of the cave. "We've had lots of pregnant women come in," Wertkin says with a smile. "What we tell people is that the therapy is like being at the beach, just a little bit more concentrated. If you can spend time at the beach, you should be fine in the cave. If you are prone to especially bad asthma attacks, you might not want to expose yourself, but other than that, anyone should be able to do it."

As with any new experience, the question lingers: any advice for first-timers? Remarkably, Wertkin says that the people who come in for their first time at the cave have done their research. Most people come in having looked at The Salt Cave online and know what they are getting into on some level, Wertkin shares, before adding his own advice: "Come in prepared to breathe and relax." ■

Health

A QUICK WORD ON GLBT HEALTH

Gay and Gray in the Midwest

One Iowa, an organization seeking equality for Iowa's GLBT population, has started a new program called Gay & Gray in the Midwest. The new program strives to meet the needs of elderly GLBTQ people across the Midwest region of the United States. In order to discover how to meet these needs most effectively, One Iowa is distributing an anonymous survey across the Midwest.

One Iowa Education Fund's (OIEF) mission is to support full equality for GLBT individuals living in Iowa through grassroots efforts and education. Formed in 2005, OIEF has been an effective advocate for the community. In coalition with progressive and political allies, recent achievements include civil rights protections against employment and housing discrimination, creating safe schools by establishing anti-bullying policies in Iowa's schools, and the protection of marriage equality.

In conversations with GLBT elders, One Iowa knows that there are many questions and concerns about growing older: housing, relationships, health, finances, recreation, politics, coming out and/or staying out, our pets, religion and more. Here, in the Midwest, in rural and farming communities and in urban and suburban neighborhoods, those concerns are complex and profound. As the community works towards equality for all GLBT people, the needs and the realities of aging populations must not be forgotten. The battle for equality is being won because of the courage and tenacity of their lives. And so, One Iowa is seeking support in a simple, anonymous survey. Although the survey is open to every GLBTQ-identified individual above the age of 50 in the Midwest, One Iowa will use the results of this survey to address specific programming needs of Iowa's GLBTQ elderly population. The results will also be shared with other GLBTQ organizations in the Midwest region.

If you are a GLBTQ-identified individual over the age of 50 and would like to participate, feel free to take the survey at www.surveymonkey.com/s/gayandgray2014.

Are Gay Men Underestimating Their Risk of HIV Infection?

A new study was recently published in the journal *LGBT Health* which offers a sobering look at sexually active gay men and their perceived risk of acquiring HIV. The most troubling finding might just be that they don't believe they are at much risk at all.

More than 600 gay men were interviewed over a period of one year, each of whom participated in HIV testing at public venues in New York City. Researchers were attempting to discover how accurately the men could assess their candidacy for PrEP (pre-exposure prophylaxis, or taking Truvada each day to prevent infection) as well as their own perception of HIV risk.

To assess the probable risk of HIV infection, the men were surveyed on their sexual behaviors and drug use in the previous three months. The vast majority of those surveyed met the criteria for PrEP use (80 percent), but surprisingly, an almost equal number (78 percent) did not believe their risk to be significant enough to warrant PrEP.

"In the case of [gay men], a lack of self-awareness of risk may result in missed opportunities to prevent HIV," the article notes. "Self-perception of risk for acquiring a disease has been shown to be an important motivating factor leading individuals to seek diagnostic testing and other preventive services."

GLBTQ Mental Health Support

The National Alliance on Mental Illness (NAMI) Minnesota is sponsoring a new GLBTQ mental health support group to be held locally in St. Louis Park. Meeting Thursdays from 6:30-8:00 pm at the Lenox Community Center, this will be an ongoing support group for all adults who identify as gay, lesbian, bisexual, transgender, or queer/questioning who seek genuine mental health support in a non-judgmental setting and forum.

This is the second GLBTQ mental support group that NAMI Minnesota will be sponsoring in the Twin Cities metropolitan area. The first such mental health support group group meets every Saturday from 1:00 to 2:30 pm at Living Table United Church of Christ in Minneapolis. Both groups are being led by trained co-facilitators in the NAMI Connection support curriculum. For information, head to www.namihelps.org. ■

RIDE REVIEW | BY RANDY STERN | PHOTOS BY RANDY STERN

2014 Nissan Rogue



There is a new Rogue in town!

Nissan's small crossover was quite the success story. It brought consumers to the brand looking for a straightforward, stylish, and fun hauler for families and lifestyle folks. As part of a product renewal program, the new Rogue retains a lot of what made it successful. There is more—much more—to the new one than just its rugged stance and shape.

At first glance, one could mistake the new Rogue with its larger sister, the Pathfinder. The design language is the same with sharpened lines and creases, including the uptick on the side, rear glass. The front end has been sharpened with the familiar Nissan three-slot

grille centered by its badge. LED lighting surrounds the headlight units, while high-positioned taillights help motorists behind distinguish what they are following. Outward vision is superior in the new Rogue with a large windshield and rear glass.

By choosing the top model, the SL adds a bit more flair to the package. Eighteen-inch alloy wheels finish the Rogue off nicely. The Rogue was named by the Insurance Institute of Highway Safety as a Top Safety Pick, which will come in nicely with the Safety Shield suite of active safety features, such as blind spot monitoring, land departure warning, forward collision warning, and moving object detection.

Choosing the SL also means enjoying a very luxurious cabin with soft leather seating and touch points all around. The almond interior scheme matches well with the midnight jade on the outside, already giving this luxurious Rogue a feeling of opulence. While the outside may look like a Pathfinder, the interior has an Infiniti air to it.

The front seats are big and comfortable. There is a hint of bolstering and support, but they are really designed for comfort for long hauls. Second row room is superb with more than enough leg and head room for at least two adults. You could also opt for a third row of seating.

Nissan's instrumentation design has taken another step forward. The TFT screen between the speedometer and odometer is larger with more visible information and graphs that are more usable than any other Nissan model. Instrumentation is positioned just right for any driver's sight-lines. Controls have a good touch and feel on the stalks, the dashboard, and on the steering wheel.

The center stack is not only handsome, but it also has a larger TFT screen for the infotainment system compared to the previous Rogue. The reversing camera also includes Nissan's Around View Monitor giving you a 360-degree field of vision as the car is put into reverse. Bose provides nine speakers—including two subwoofers—of excellent sound with your choice of radio, SiriusXM satellite radio, music file playback via Bluetooth or USB connection, or connecting with iHeartRadio or Pandora via the NissanConnect app.

The cargo hold is plenty big—39.3 cubic feet with the second row in place, 70 cubic feet with it down. The cargo floor has a trick using two adaptable cargo pads. Nissan calls this Divide-N-Hide. The front-most pad could be used as a cargo shelf/cover, while the rearward pad could be lowered further to meet the spare tire cover for more depth. You could place both pads together to meet the liftgate opening.

One engine is available on the new Rogue: a 2.5liter four-cylinder engine with 170 horsepower on tap. This engine seems happier in the new Rogue, thanks in part to the improved Xtronic continuously variable transmission and all-wheel drive system. Though it has 3,605 pounds to run, along with a 1,000-pound towing capacity, this driveline just seems content with simply going about its business. If you must go off-road, you can do so with hill descent control and other electronic aids to ensure you traverse the way to your favorite fishing or camping spot with ease.

Driving the Rogue is relaxing. The ride is soft and supple to stretch out the miles for both driver and passenger. Having a soft ride means being soft in the corners with enough noticeable roll and lean. Yet, it is controlled to keep the Rogue on course and steady for everyone on board.

The steering has a great on-center feel with a smooth turn-in and good reaction from the wheel. It does feel a bit soft, but it has a good turning radius for tight maneuvers. Brakes were OK, though pedal feel is on the soft side. It does manage solid stops in both normal and panic situations.

Its high ground clearance comes in handy when having to get through some ugly terrain. The all-wheel drive system does a very good job managing weather on any surface. Eighteen-inch Dunlop Grandtrek tires kept the Rogue on course in the wet while its all-wheel drive system worked hard to plant them on wet surfaces. There is a lock button when you need maximum traction in the worst conditions.

Nissan is touting good fuel economy for its newest version of their small crossover. The CarSoup.com team achieved an average fuel consumption figure of 27.0MPG. Nissan claims it would average 28MPG.

The Rogue lineup begins with a basic S model with front wheel drive. That alone costs $23,650. Our SL model with all-wheel drive and the Premium Package upgrade came out to $32,395. If you are looking to add a third row to your Rogue, you have to get the Family Package available on S and SV models.

The new Rogue simply feels more refined, mature, and content with itself. That maturity is traced to its new look and aspiration to become a leader in the class. The luxury feeling inside the Rogue SL is unmatched in its class. There is also maturity in the way it drives and in the level of comfort that families on-the-go demand today—including our own!

This new Rogue is one smooth runabout. ■









BIGGAYNEWS FROM VIRGINIA:

Appeals Panel Strikes Down Virginia Gay Marriage Ban

USA Today reports that a federal appeals court panel in Virginia became the second one this summer to strike down a state ban against same-sex marriage Monday, making it more likely that the Supreme Court will settle the issue as early as next year. The 2 to 1 ruling, made by a three-judge panel of the U.S. Court of Appeals for the Fourth Circuit in Richmond, affirmed a decision already made by a district judge's decision in February. Judge Henry Floyd stated: "We recognize that same-sex marriage makes some people deeply uncomfortable. However, inertia and apprehension are not legitimate bases for denying same-sex couples due process and equal protection of the laws."

BIGGAYNEWS FROM THE UNITED STATES:

HIV Diagnoses Rate Fell By Third In US Over Decade

The *Star Tribune* reports that the rate of HIV infections diagnoses in the United States each year fell by one-third over the past decade, a government study finds. The study was released on Saturday by the Journal of the American Medical Association, and is based on data gathered from HIV diagnoses pulled from the health departments of all fifty states. Experts in AIDS research such as Patrick Sullivan of Emory University call the results encouraging.

BIGGAYNEWS FROM WASHINGTON, D.C.:

Obama Gives Protection To Gay, Transgender Workers

Boston.com reports that President Barack Obama on Monday gave employment protection to gay and transgender workers in the federal government and its contracting agencies, after being convinced by advocates of what he called "the irrefutable rightness of your cause." The President had taken his time on signing the executive action in hopes that the Congress would pass the more far-reaching Employment Non-Discrimination Act which is currently stalled. Obama's action does maintain a provision for religious groups that have federal contracts to hire or fire in regards to religious identity but they do not have exception to consider sexual orientation or gender identity.

BIGGAYNEWS FROM MISSOURI:

Gay, Married Church Worker Sues Missouri Catholic Diocese For Firing

Reuters reports that a Missouri church worker sued the Catholic diocese in Kansas City on Thursday claiming she was wrongly fired from her salaried position as a pastoral associate after her marriage to another woman was mentioned in a local newspaper. Colleen Simon's lawsuit alleges that the church knew of her sexual orientation and same-sex marital status when she was hired, but that she was later fired after an article in a local newspaper mentioned her work with a local food pantry as well as her marriage. Simon has been married since May of 2012 when she and her partner wed in Iowa.

BIGGAYNEWS FROM THE UNITED STATES:

Tony Dungy: I Wouldn't Have Taken Michael Sam

NBC Sports reports that former Colts and Buccaneers head coach and current NBC analyst Tony Dungy says that if he were still an NFL head coach, he wouldn't have drafted Michael Sam, who became the first openly gay player in league history when the Rams selected him in May. Dungy commented that his decision would not have been because he doesn't believe that Sam should have a chance to play, but that he would not have wanted to deal with the distractions and media circus that having a gay player on his team would have entailed. Dungy's comments, especially coming from an African-American, would seem to be somewhat hypocritical, especially considering that, in years past, many several teams took a chance on hiring the first minority players, and the sport is better today for those decisions.

BIGGAYNEWS FROM THE UNITED STATES:

Final Fantasy Gamers Hold Gay Pride Parade

The *Huffington Post* reports that sometimes we see Pride in the most unlikely places. Rough Trade Gaming Community, reportedly the largest GLBT gaming guild, decided to show their queer pride in the Final Fantasy XIV virtual universe. The parade was apparently inspired by an earlier announcement from the game's developers.

BIGGAYNEWS FROM KANSAS:

The Incredible Story Of How Some Cookie Kindness Rescued This GLBT Charity

The *Huffington Post* reports that the air conditioning unit at Planting Peace's Equality House, which is located across the street from the Westboro Baptist Church compound in Topeka, Kansas, broke last week as temperatures hit the high-80s and mid-90s. After the first company that the organization contacted gave them a quote of $3,000 for repairs, they decided to get a second opinion from local company A-Way Heating, Cooling and Electric. After the technician came out to the famous rainbow house and made repairs, Aaron Jackson, president of Planting Peace, was presented with a bill…asking only for cookies to be sent to A-Way's office. When questioned, the repairman said that he was no fan of their neighbors (Westboro Baptist Church), and requested that Planting Peace and Equality House keep up the good work.

BIGGAYNEWS FROM SAUDI ARABIA:

Gay Man Sentenced For Twitter Debauchery In Saudi Arabia

Gulf News reports that a court in Saudi Arabia has sentenced a homosexual man to three years in prison and 450 lashes for using his Twitter account to promote homosexual contacts. The 24-year-old man had posted several tweets requesting meetings and his wishes to meet gay men which resulted in his arrest. The young man was apprehended after being set up in a sting operation by the Commission for the Promotion of Virtue and the Prevention of Vice, the religious police in the Middle Eastern country. ■

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Never Mind The Bollocks

When I was 17 years old, my mother bought me a Sex Pistols T-shirt. Now before you start thinking I had one of those evolved mothers that reeks of patchouli and flirts with your friends, let me clarify that it was a big mistake. For both of us.

My mother had somehow stumbled into the Italian design store Fiorucci, which in the 1980s was the store of choice for the Warhol set. When approached by one of the heroin-thin clerks who, according to my mother, looked like she subsisted on a diet of kohl eyeliner and sarcasm, my mom refused to be intimidated. When the clerk suggested that she might be more comfortable at Lord & Taylor, my mother responded by drawing herself to her full height, grabbing the nearest t-shirt, and demanding that the clerk ring it up.

When she returned home, she tossed the Fiorucci bag at me. Inside was a shirt featuring the iconic Sex Pistols' *Never Mind the Bollocks* design. My mother clearly hadn't looked at the shirt before purchasing it because when I put it on she immediately demanded that I remove it. "You are not advertising a sex pistol on your chest!" she exclaimed.

"Too late! I love sex pistols," I said with false bravado. I had no idea who or what a sex pistol was. The fact that the shirt upset my mother was good enough for me.

I had always been merrily unhip. While kids of my generation embraced punk and stadium rock, I searched record store bins for obscure Broadway show scores and knew the words to every Cole Porter song.

My friends accepted my middle-age sensibilities and put up with my terminal lack of cool. I wore cashmere sweater sets. I played bridge. And I always went to bed at a reasonable hour. As one friend put it, "It's like hanging out with my grandma."

But that T-shirt quickly changed my image. The day I wore it to school, cool kids who never deigned to speak to me before suddenly wanted to cozy up to me. They offered me cigarettes and beer. They tried to lure me into the parking lot to smoke pot. A guy with a scary haircut and a facial scar asked me on a date. It was terrifying. I took off the shirt the minute I got home and never wore it again.

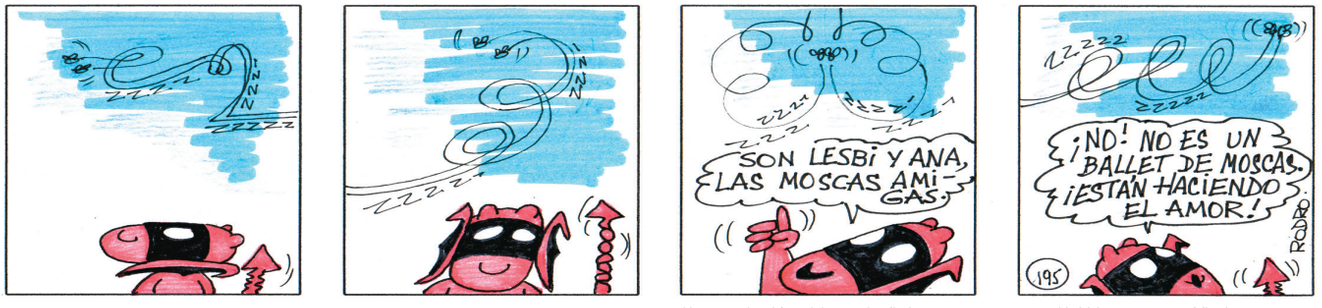
Now, though, as I approach age 50, for the first time in my life I find myself suddenly hip. My friends, who wasted their youth on rock-and-roll and free love, are now looking to me as the trendsetter. They are blundering into their golden years with no idea of how to fit in, while I've been a senior citizen in training since my teens.

Because I spend much of my free time playing competitive bridge, I often consort with senior citizens. As a result, I've become a master at complaining about the temperature of soup and know where to find all the great early-bird specials.

Unlike my contemporaries, who will shake their fist at the heavens when they receive their AARP card in the mail on their 50th birthday, I've been an AARP member for years! You really need to be a member to run with my fabulous circle of seniors, who plan their social calendar around the monthly discounts offered through the organization.

I look forward to the day when some haggard girl sporting facial piercings and a Sex Pistols T-shirt turns up at the senior center. I'll coolly appraise her as she nervously approaches my crew of mod pensioners and inform her that maybe she'd be more comfortable at Fiorucci. ■

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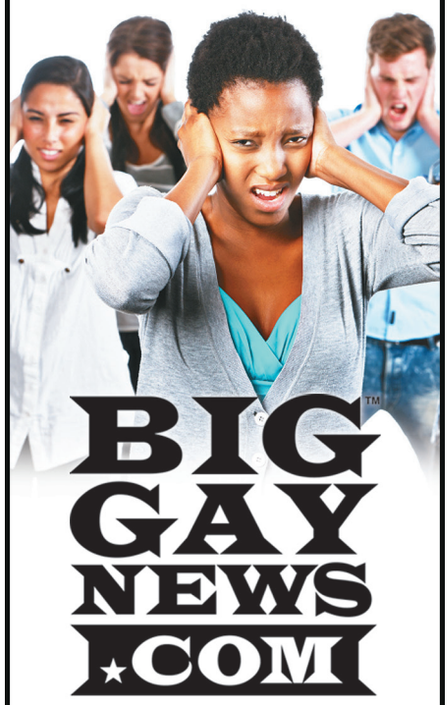
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www.tcgmc.org

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www.twincities.hrc.org
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THROUGH THESE EYES | BY JUSTIN JONES

On The Way Home

I'm on a flight from New York to Minneapolis. We're in descent, in that gray space between "please turn off all electronic devices" and landing. I'm in a window seat reading from a Truman Capote anthology.

I'm lost with Capote on some wayward travel when, over the hum of airplane engines and the crinkling of flight attendants' trash bags, I hear behind me the distinct drawl of a feminine southern accent. I can't see the woman speaking, but her voice is brittle. I guess she's in her eighties. She's been silent until now.

"Oh, thank you sweetheart," she says.

"Not a problem," a man responds.

"I just can't keep these damn things in my pocketbook. They're always the first to go."

Pills rattle in a plastic bottle.

"What's your name, sweetheart?"

"Paul. And my grandmother is just the same. You think they'd make those bottles easier to hold onto."

"You're telling me," she says and hiccups. I imagine she's resting her hand on her chest to stall heartburn. "You remind me of my grandson, but I guess everyone your age does. Can't see worth a damn and hear even worse. And, lord, if I didn't tell that to a woman once. I sure didn't mean anything by it, but she got into a hissy."

My book is open in my lap, but I've stopped reading it. I stare at individual words but am too distracted to put them together. The conversation behind me makes me nostalgic for home, small-town North Carolina.

"You got a girl at home? You sure are handsome."

"Headed home to see her now, actually. I go to school at NYU. Sarah is her name. Where are you going?"

"Well, I guess you might say I'm headed home, too. I'm not from Minneapolis, though. I've never even been. I'm from Atlanta. Minneapolis is too cold for a young southern thing like me. One of my sons is out there, though. Just saw his brother in New York. First time I was on a plane, that trip, and was as yellow as a dog. I hung on to the man next to me like he was the last man in the world."

"How is Minneapolis home if you're not from there?" Paul asks, and the question goes unanswered for an uncomfortably long time.

"This is my last trip anywhere," she says. "I'm 88 years old and they say I can't take care of myself anymore, so my son is putting me in a home and strangers are going to take care of me. He's too busy to watch after me, he said."

I'm looking out of my window when she says this. Lights from downtown twinkle like a bunch of fallen stars. I close my book.

"You know, I lived in the same house my mama did when she was a little girl. It still smells like her, and like my daddy. It smells like the powder she put on her face, and just like his chewing tobacco. Nothing was harder than leaving it. I thought I never would." She sniffles and blows her nose on what I imagine is a Kleenex usually kept tucked inside her blouse.

"I got to pack two suitcases of things, including my clothes. Ruth and I got in about a hundred pictures and only three outfits." She laughs like she's trying not to cry. "And there you have it. Those are the only things I'll have when I die. Two suitcases full of memories, out of 88 years living them. Ain't that something."

I picture an old woman closing the front door to a small, dated-but-tidy home and taking a last peek inside, to look at picture frames placed on lace table napkins, on old television sets, bookshelves, coffee tables, and by her bed—memories with her children, grandchildren, nieces and nephews.

"They're going to sell my house and all my things are going into storage where no one will see them, where they'll get old and dusty and be things that no one wants. And one day they'll throw it all away. Like me."

The downtown twinkle blurs in tears. I wish I weren't hearing this.

"I'm…I'm sorry," Paul says.

"Now don't you worry about a thing, you hear? Look at me anyhow, an ugly ol' woman talking to such a charming young man. I didn't mean to trouble you. Your girl's got you coming home, and there ain't nothin' better than that."

The plane's landing gear emerges and I put away my book. I close my eyes to revisit memories of my own grandmother, of running through sprinklers and chasing turkeys in her backyard. I hear her telling stories of when she was a little girl and I feel wooden clothespins in my hand, helping hang bedsheets on her clothesline. I can smell her moisturizer and feel her skin.

The plane lands and parks, passengers stand, and now is my opportunity to turn around for a glimpse of the woman behind me, but I don't. I can't. I can't look at her because in the distance between "please turn off all electronic devices" and landing, she's become the most important part of me. Seeing her would make things too real. Seeing her would mean she isn't just a tragic character in one of Capote's adventures. Seeing her now would mean seeing my grandmother.

"Well, thank you for keeping me company, young man. Tell that Sarah girl to keep you behaved. And get home safe, you hear?"

"Yes, ma'am." ■

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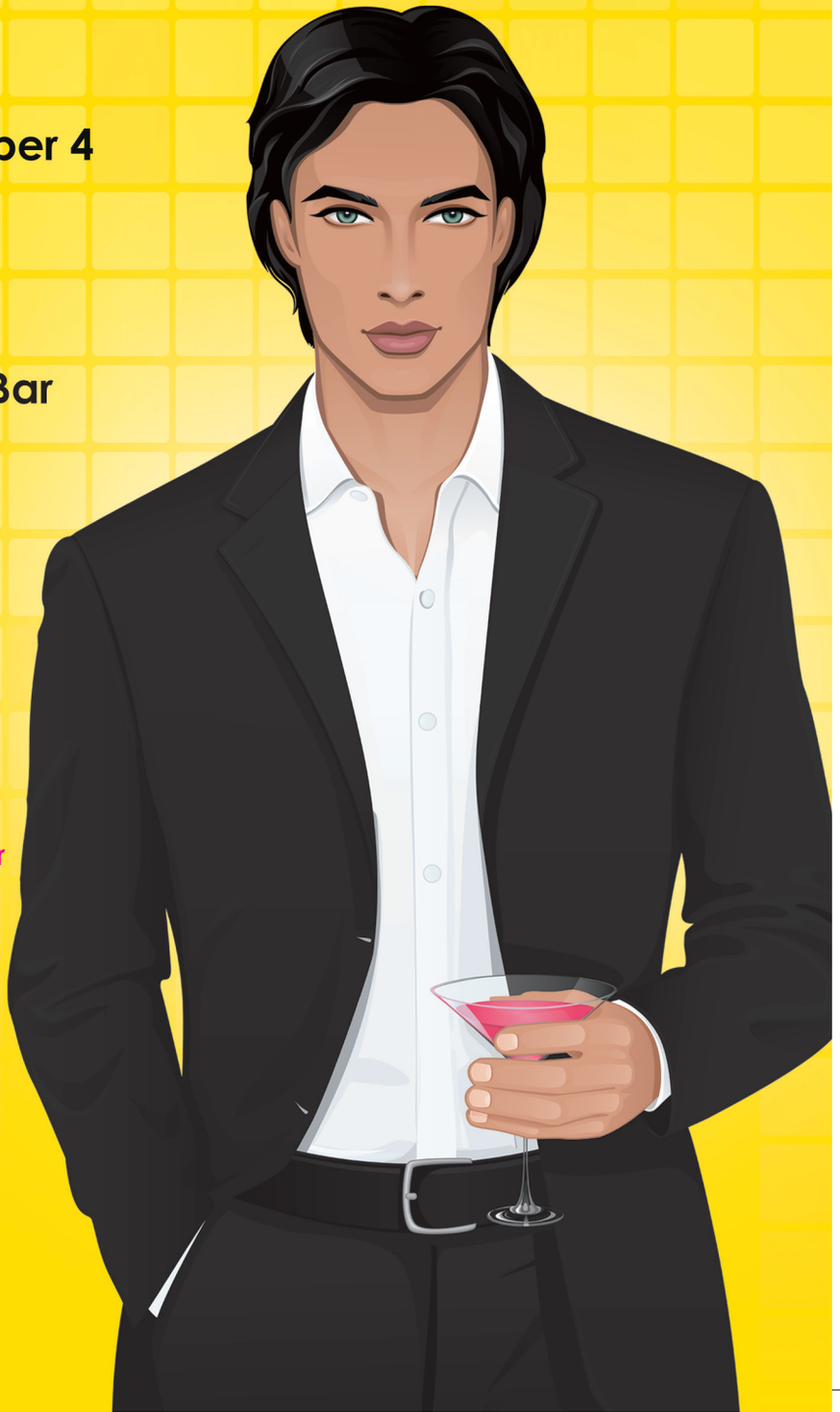
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